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HINTS
FOR
NAVAL OFFICERS
CRUISING IN
The West Indies.

BY
WILLIAM P. C. BARTON, M.D.



PHILADELPHIA:

LITTELL—CHESTNUT STREET.

& Leidee, Boston, G. & C. & H. Carvill, New York;
E. J. Coale, Baltimore; P. Thompson, Washington;
C. Hall, Norfolk; E. Thayer, Charleston.

1830.

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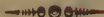
May 29, 1882

J. H.



HINTS
FOR
NAVAL OFFICERS
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The West Indies.

BY
WILLIAM P. C. BARTON, M.D.



85918

PHILADELPHIA:

E. LITTELL—CHESTNUT STREET.

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E. J. Coale, Baltimore; P. Thompson, Washington;
C. Hall, Norfolk; E. Thayer, Charleston.

1830.

Eastern District of Pennsylvania, to wit:

BE IT REMEMBERED, That on the second day of October, in the fifty-fifth year of the independence of the United States of America, A. D. 1830, William P. C. Barton, M. D. of the said district, has deposited in this office the title of a book, the right whereof he claims as author, in the words following, to wit:

“Hints for Naval Officers cruising in the West Indies. By William P. C. Barton, M. D.

In conformity to the act of the Congress of the United States, intituled, “An act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies, during the times therein mentioned”—and also to the act, entitled, “An act supplementary to an act, entitled, ‘An act for the encouragement of learning, by securing the copies of maps, charts, and books, to the authors and proprietors of such copies during the times therein mentioned,’ and extending the benefits thereof to the arts of designing, engraving, and etching historical and other prints.”

D. CALDWELL,
Clerk of the Eastern District of Pennsylvania.

To R. H. Bradford, M.D.

OF THE NAVY DEPARTMENT.

MY DEAR SIR,

I HAVE reason to believe that by your influence, the medical officers of the navy will be hereafter encouraged to give to the Department the result of their experience, respecting any novel and useful views they may believe themselves to entertain, on any of the medical interests of the service. Among the important services that a medical character can, by his connexion with the department, render, I conceive your efforts to bring to publicity hereafter, any reports of surgeons made to the secretary entitled intrinsically to publication, to be worthy of express commendation. With this encouragement to write, heretofore and still wanting, naval surgeons may and ought to be induced to

lay through the channel contemplated to be open to them, their useful experience before the public. It is a singular fact, that, since the foundation of our navy to the present time, but two works have emanated from its surgeons, intended by their authors to promote the interests of the service—and for one of these I can answer, the attempt at the age of twenty-four was attended with a pecuniary loss not very encouraging to another by the same hand, when maturer years might better have fitted him for the task. This fact may, indeed, be sufficient to account for the backwardness of the surgeons of our navy to write for publication: and thereby endeavour to gain professional distinction in and out of the service, as is done successfully by medical officers in foreign navies and armies. To the inability alone of our medical officers to give to the world their experience, unless at the expense of their private purse, is to be attributed the fact just noticed. For it can safely be asserted, that since the regulations, originating within six years past, for the admission into the navy, and promotion

when there of medical officers, (which regulations are now happily become imperative by a law of Congress,) a more intelligent and better educated corps could scarce be found in our country. On the younger members of this corps the contemplated regulations hinted at, (which have praiseworthily to yourself emanated from your suggestion,) will, when in force, operate with encouraging incitement; and I trust ere ten years shall have passed, the writings of American naval surgeons will aggregately be, in proportion to their numbers, as creditable to their authors (as they will certainly be useful to the service) and as authoritative out of the navy, as those are of Great Britain and France. I hope you will meet with no difficulty in the realization of your views. When they shall be accomplished, whatever part my feeble efforts can effect, will be rendered on some subject promotive of the public weal. At my own cost I cannot, nor indeed ought any author, to surrender his toil and undertake responsibility. This too is the just feeling of other naval surgeons. Until the period arrives which pro-

vides a publishing and compensating fund for the writings and reports of naval surgeons, I have nothing better to offer than the hour's reading in this scrap of "Hints"—which permit me to dedicate to you as a memorandum of the propriety and expediency of the views in question. If my brother officers of the medical corps are ever expected to benefit the public by the result of that valuable experience which has proved efficient in the medical service under their control, the accomplishment of the plan those views point to, can alone render that expectation feasible.

I am, dear sir,

Very respectfully,

Your most obedient servant,

WILLIAM P. C. BARTON.

Chesnut Street,

Philadelphia, September 28, 1830.

Note.—Two reports to the Navy Department are embodied in this little volume

TO THE READER.

THIS book scarcely deserves a "Preface." Why then is it published? Surely none who know its writer will suppose, for the pride of authorship in issuing a virgin publication, at forty-three; and those who do not, may think what they please. Its size is unprepossessing: yet its writer, mayhap, has published many bigger, many worse, and many more useless volumes. This hint implies that he deems the present *morceau* likely to be useful. He does, in candor, expect this—else never would it have been multiplied by types. About half of it was written in pursuance of instruction from the Honourable the Secretary of the Navy. The other moiety, not so written, was added with a sincere desire to promote the health of a class of officers in the navy, whose youth excites the writer's warmest solicitude,

as a medical man, knowing their condition on ship-board; and whose chivalric character as a body, inspires him as an American, with respect and admiration. By those midshipmen, to whom he is personally known, he is esteemed, and justly, their friend. By some he is held dear. He has taken a friend's liberty with *them*, and for their sakes with all of the grade. He has moreover performed a physician's duty, by offering advice for the preservation of their health, comfort and happiness, according to some views, hitherto unheeded in the consideration of tropical or any other hygiene. The younger portion of this interesting class of officers is sufficiently juvenescent to acknowledge the writer's experience: for officers of their grade, when he entered the service, as a surgeon, in 1809, are now captains and commanders. This circumstance is mentioned with the avowed intention of propitiating their ready ear for, and practical obedience to, the suggestions he has ventured in these hints to offer for their welfare.

He commends these pages to his late sea, marine, and fiscal messmates, medical assist-

ants, and their messmates, and the midshipmen* of the Brandywine. *All* will say, surely,

* Extract from my report to the navy department, at the termination of the cruise of the Brandywine. "I hope, in reference to the report I had the honour to make to you, by your instructions last year; that it may be satisfactory for you to hear, that a more robust and vigorous state of health could scarce be found, than generally prevailed in the steerage, with one exception of convulsive disease,—and yet these gentlemen are well deserving the remark, one and all, of most entire temperance; having drank water only in their messes, during the whole cruise." The department thus notices the fact in a letter to me of the 13th July, "The course of abstinence from spirituous drinks observed by the officers of the steerage, during the cruise of the Brandywine, which has just terminated, is most creditable to the parties; and it is hoped will be regarded by others as worthy of imitation." The twenty young gentlemen thus so conspicuous for their correct habits, were nearly all full grown. The enjoyment of their health in a sickly ship, and the ease with which all but one (a protracted case of typhus,) were cured when, as occurred in some of them, they got febrile disease, I attributed mainly to their temperance, and harmony with each other, by which the physical system and the moral constitution remained unweakened. Had the gentleman with typhus been addicted to intemperate habits, I feel assured he would have died. He was

there is not one essential sentence of precept here embodied, which has not been upheld to their observation, in uniform practice and example by the writer.* If he had the hap-

with difficulty recovered, as his greatest illness was during cold and damp weather, at the time the ship was in her worst state.

The point of temperance just noticed, shows how much good a medical officer may effect, by precept seconded by example. I instilled the importance of temperance—my pupils knew me to be their friend. They gratified me by acquiescence. They were healthy, happy, and have been commended by the Department for their example.

* If a medical man in the navy would expect to be valued for any advice, relative to temperance, he must set the example by his own habits, of the precepts he would inculcate. If a medical officer shall drink brandy, with what face can he recommend other officers to discard it as pernicious? If any professional men are imperatively called on by every sense of duty and propriety, to practise temperance, it is the medical officers of the navy. So much do I despise this practice in medical men, especially of the navy, that I shudder when I see one take brandy and water. I do more, I fear and mistrust his professional efficiency and skill. I unhesitatingly declare, that I will ever strive by my vote and influence, to keep out of the corps any who may

piness to bring them all home in health and vigor, from a short cruise in the West Indies, in a damp and sickly ship: it may be, some portion of that happiness was owing to their most courteous and implicit respect for his medical advice, and obedience to it—a respect particularly gratifying in that ship, for reasons best known to himself; a respect more freely surrendered perhaps, because his precepts were never seen at variance with his personal example and conduct; from the which, a

desire to enter it, whom I may have reason to believe addicted to so dangerous a license in his habits. And I also declare I will never give my vote, if I am on the board of examination, for the promotion of any assistant to the rank of surgeon, whom I know to forget, by habitual stimulation, what is due to the high trust reposed in him; and this I would do, let his talents or qualifications be ever so good. For, how long would they be useful to himself or the service? Besides this consideration, his bad example is ten fold the more hurtful, by reason of his being a medical man. A brandy-drinking *physician*! I cannot conceive of such a thing—I will not admit it to be possible. I trust there are none in the navy. If there be, shame on them to smirch their calling. If, I repeat, there be any "*bingo*" or "*blue-ruin*" doctors in the navy, *they should not be there.*"

hint may be gathered by any young medical officer of the service, who may think he can be benefited by it. Should such of the writer's esteemed mess and ship mates, as remain in that frigate, or are elsewhere on duty, feel freedom to extend the usefulness, if any it may have, of this scrap of tropical Hygiene: and should certain contemplated regulations emanate from the navy department, it may be followed by a further attempt to benefit officers of the navy.

The writer of the preceding hints pretends to common sense—he professes also to have had one year more than half his life, of professional experience—to be endowed with about as much wit as falls to the lot of the ordinary run of common-place men, of which the world is mainly made up,—and quite as much observation as pertains to the mass of unobserving people. In addition to all these high requisites for writing with the avowed intention and expectation of being considered authority on the points he may touch, he lays claim to what none will deny him who have had any opportunity

of knowing the truth—the character of having always been as he ever will be, independent in the expression of his sentiments. By which he would simply intimate, that whatever opinions exist in his mind, such as it is, shall have got there by the honest exercise of whatever intellect may have been given him in the slender apportionment common-place men receive—and will find their utterance on every fitting occasion, by free, unbiassed, but he trusts by (as that will ever be his aim) decorous language. This will be done with the same honesty, and by the same advantages of reason, by which his conviction has been accomplished. Venturing to write for the public good, with the drawbacks to usefulness which all the *common-places* he has noticed may beget, he may indeed reckon without his host; and be guilty of the folly of appearing in a position as ungracious as inutile. But, if so, that will be his misfortune—perhaps his fault. The just imputation of both he would wish to escape; yet he confesses candidly neither would, knowing his own motives, grieve him

to the heart. The wish of escaping *either*, however, by the meanness of writing with popularity-courting praise of men or measures which do not deserve it for any thing connected with the points touched by a passing remark, shall not add a sharp edge to the misfortune or the fault supposed—when they shall have been imputed, as peradventure they may, to one who voluntarily in part, partly by invitation, steps out of the medical ranks of his corps, bearing the banner of reform. He holds it imbecile, if not pusillanimous, for a man to write with a temporizing incertitude of canvass, on any subject his judgment, (good or bad as may be,) or self-love, inclines him to think he can handle with public benefit. Where is there a subject of deeper interest to the public of this Union, than the temperance, the morals, the efficient and urbane discipline (involving the personal harmony of officers), the health, (and connected with it the co-operation with, and respectful attention of commanders to their medical officers,) the healthful construction and internal police of its ships—of our

valorous navy? The best blood of our country now devotes its kin to that navy as an elevated and noble profession. That high and gentle blood should never be made to mantle in the manly cheek of youth, with mortification; nor to rush through the sluices of the heart with dangerous and insubordinate, but still natural if not retributive gushes of rage or resentment, towards those whose ungentle blood sits ill at ease with power—towards those who should protect by kindness and curb by moderation and becoming rebuke, whatever of youthful indiscretion and impetuosity, or incautious neglect of duty and improvement, may be deserving of notice and correction. The best commanders, the most efficient and intrepid, as well as the most popular, the most useful, and the most beloved by men and officers,—of our service, are distinguished for this magnanimous rule of the little empire under their sway! If there be any who do not recognise in this portrait a picture of their own demeanor, let them dwell on it for a while, and they will see the moral and offi-

cial beauty the few preceding words pour-tray. By keeping the picture ever before their mind's eye, they may catch, by a new current of thoughts, on a subject which has perhaps heretofore not received their attention, something of this beauty.

The observations of this little book are not made to offend any one. The writer here puts in a disclaimer to any such idea. They may, however, have the effect of rebuking and reforming those, who may be conscious, on looking attentively at the beautiful picture above, or any other picture in the book, they have that in them which renders it unlike themselves. He repeats, that he writes for the public weal. If any thing he has in any part of this volume advanced, shall, if duly considered and promptly adopted, promote that weal, it will be testimony, (after what has been said of the low estimate the writer puts on his qualifications,) how little knowledge of human nature and the American character, and how slender a portion of wit, professional or natural, he thinks necessary to detect those egregious blunders in moral and

disciplinary discretion: and that mismanagement of affairs under the control of any one in power, which call for scrutiny and amendment. There is one position he holds impregnable in relation to the character and behavior and motives of those who have in any wise the control of the liberties, the enjoyments, the rights, the happiness and improvement of others—namely: that the latter can never be hoodwinked as to the fundamental honesty or secret selfishness of any development either of character, or behavior, or motives—though they may be manacled by circumstances, so as to preclude the expediency or wisdom of showing, that the veil worn over all these, however cautiously disposed so as to conceal, as all veils do, the glaring defects of *constitutional* complexion,—is after all a veil of gauze, which those may see through who will take such a position as that the glare of light is placed before and not behind the object scrutinized.

There may be something seen in this book, which does not appear. Paradoxical a squint as this remark may have, it may serve as a

bait for mental angling; and he will after all be no very extraordinary angler, who draws a queer, big fish, out of the little pool containing it. His success, however, expert or not, will doubtless remind him, that it is not the first time in his sea-going life that he has seen *a queer big-fish out of water*.

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ERRATA.

Page 12, line 12th from the top, for "*preceding*" read *succeeding*.

Page 134, line 10th from bottom, for "*sceing*" read *seeing*.

Page 187, line 11th from the bottom of note, for "*anguine*" read *anginose*.



REPORT No. I.*

Made to the Honourable John Branch, Secretary of the Navy,

Pursuant to his instructions of the 25th of May, 1829, on the subject of certain queries relative to the Midshipmen's spirituous ration, directed for opinion, separately, through the Navy Department to three medical officers of the navy, by a resolution of the House of Representatives of Congress, passed the 25th of February, 1829.

"Oh that men should put an enemy into their mouths, to steal away their brains! * * * Every inordinate cup is unblessed, and the ingredient is a devil."—*Othello*.

* The opinions of this Report, and the coinciding opinions of the other two, were thus noticed by the secretary of the navy in his letter to the speaker of the House of Representatives, Jan. 14, 1830:

"In submitting these opinions, the secretary deems it unnecessary to add any remarks of his own, in illustration and enforcement of the views therein expressed, further than that they are earnestly concurred in. It may, however, be proper for him to recommend a liberal commutation in money, in lieu of the spirit part of the ration now allowed by law, leaving those entitled, at liberty to purchase additional quantities of small stores, as more suitable and conducive to their health, comfort, and morals."

REPORT, &c.

The subject of the following report is one, which, having received the notice it demands, by a resolution of the House of Representatives of the United States, leads to the hope, that such a step is merely precursory to a further manifestation, at the ensuing session of Congress, of its great intrinsic and collateral importance. For my part, I am not able easily to communicate, by any language adequately expressive, my own deep sense of the vital interest of the service particularly, and the country at large, involved in the numerous bearings which this subject presents. Attached to the Navy, independently of my official connexion with it, by a sentiment of exalted respect, predicated on my views of its national importance, and achieved glory during its short career of trial,—I hope I shall be excused, if I shall be judged to have weighed, in too nicely balanced and

sensitive scales, and with too keen an eye, and too fastidious a hand—the preponderating effects of intemperateness, or bad habits, or immorality of any kind in the Navy, against its usefulness and reputation.

It is possible I may have overrated the ill consequences of irregular habits. If this shall be believed, my apology must be looked for in the high, nay, inestimable price at which I rate the marine bulwark of our nation's honour, independence, and commercial strength; and the low estimate I confess I have ever set on practices unmanly, because degrading, and clearly fraught with the power and unerring tendency to sap the foundation of that bulwark. However truly or incorrectly I may be found to have canvassed the merits of the question under notice; however fairly or irrationally contrasted the chances of probable evil with certain good—the process by which I have arrived at the only issue I can judge to be fair and legitimate, will be perceived in the consideration I

have given of the six following queries; by the facts and reasoning embodied in which, this report must be tested in examining the value of any opinions it contains. It is due to these opinions to say, that they are not recently embraced, or indited without due deliberation. More than twenty years have I entertained them. During this period I have not seen the least reason for impugning their validity; but, on the contrary, have met with continued corroboration of their truth, by the professional experience enjoyed in the course of that time.

First, The necessity of the spirituous item of the present ration; in other words, its indispensableness to the subsistence, health, and comfort of midshipmen?

In my apprehension, the necessity in question could only rationally be supposed to exist from the fact, ascertained beyond the possibility of disputation or denial, that,

where distilled spirit had not been used daily, or very frequently, by midshipmen exposed in the usual diversity of climes, to the ordinary duty performed by this class of officers,—injury to the health and constitution, a want of essential comfort, and difficulty, if not impossibility, of subsisting on the residue of the ration without it, had universally been the consequence. Is this the case? So far from it, those who have abstained altogether from spirituous liquor, have enjoyed quite as good health as those who habitually used it; have digested their food as well; enjoyed as much of what may be denominated essential comfort; have borne the toils of duty as well; executed their orders as efficiently, (and that with more equanimity of temper;) have been as happy; in a word—felt not the want of that stimulus, the fancied benefit of which habit had not taught them to crave; and principle had deterred them from resorting to. Besides, in event of illness

from inflammatory diseases, those who abstain altogether from the use of spirit, or are very temperate in its use, are, for the most part, more easily treated by medical *regime*, than those accustomed to drink freely of distilled liquors of any kind. The spirituous portion of the ration, then, cannot be considered indispensable, on the only sufficient grounds which could make it so. There are no facts within my knowledge, presented either by my own experience, or that of other medical men, imperatively directing the use of distilled spirit by young men performing duty as midshipmen under ordinary circumstances, on ship-board, or shore; and I can conceive of none justifying it in the diet of boys and striplings, who for the most part perform this duty. *My opinion is, therefore, that it is not necessary that distilled spirit should constitute a part of the ration allowed to midshipmen.*

Secondly, The expediency—which involves the idea of the continued usefulness or occasional benefit of ardent spirit in the diet of young officers?

It could only be expedient to permit the use, daily, of ardent spirit, (just said not to be necessary,) from some known facts, sufficiently important and undeniable, respecting the usefulness or signal advantage resulting from its employment, as a dietetic item, under circumstances incidental to the duty of midshipmen, of unusual occurrence, or extraordinarily adverse to health. Such duty they are liable to perform in insalubrious climates. It might also be supposed expedient to use distilled spirit as a prophylactic, during unavoidable exposure to common climates, at seasons of the year, or periods of the day or night, particularly unfavourable to the preservation of health. And some would perhaps deem it expedient in case of slight sickness from inclement weather. In these cases, also, the

argument of expediency could only be sustained by irrefragable facts. Naval medical writings record no such facts as those just said to be *requisite* to substantiate expediency in all the preceding circumstances. Neither are any such furnished by my experience, nor even within my knowledge. Warm dietetic beverages, in all the preceding cases, should be used in preference to distilled spirit (experience is in favour of these); such as cocoa, chocolate, tea, coffee, and surrogate,* (or cichory) or even gruel: which, besides being sufficiently stimulant, convey nourishment to the system; and, taken at sea, or in port, by officers and crews going on duty such as alluded to, have never been known to have been followed by evil consequences. This cannot be said of distilled spirits. The beverages mentioned, therefore, are better safeguards to health, under undue exposure

* A substitute for coffee, prepared from the root of the cichorium intybus, or succory, extensively cultivated in Europe

to unhealthful weather in climates of ordinary character; or under circumstances of unavoidable exposure to the pernicious effects of night air and dews, in climates naturally inauspicious to health. In event of actual sickness, from any cause, during which the condition of the individual may call for the use of distilled spirit, the hospital store-room of the medical officer, which always contains spirit of a better quality than that laid in for ships' use, besides wine, porter, and the ingredients for lemonade, is open to the prescribed and therefore judicious use of those who, in the opinion of the medical controller of that store, actually require, or would in any wise be benefited by either. *In my opinion, therefore, it cannot be expedient that distilled spirit should constitute a part of the ration allowed to midshipmen.*

Thirdly, The effect upon the morals of the individuals, should each midshipman daily use his lawful allowance of spirit? This involves the question, whether the habitual use of what may truly be deemed by all who reflect seriously on the subject, (with reference to its secondary consequences, as well as primary effects) an immoderate portion of spirituous liquor—has any permanent effect on the moral condition of boys, striplings, and young men?

The consideration of this question leads to the inquiry, whether the habitual excitement, by any unnecessary or dispensable stimulus of diet, of those natural passions, the tone of which is sufficiently elevated in youth without adventitious aid, be prejudicial to the steadfastness or subversive altogether of moral restraint? In other words, whether the preservation in strength and vigor of all those upright principles which mark the moral man, is in any de-

gree dependent on, or responsive to, the condition of the physical system at that period of life, when strength in moral rectitude and honour is incipient, and good habits in the forming stage? All these questions deserve an affirmative answer, both by deductions from experience, and by reasoning from the moral constitution of man, and its known susceptibilities of impression by physical and habitual agents. Such an answer too, is corroborated by the observation of all those who have directed their attention to the waywardness of temper, and contrarieties of disposition incidental to youth. If these conspire to disturb the moral quietude of individuals, at a period of life when the passions are sportive and irregular at best: and are called into the daily power of disturbing that quietude, by the incitement of any such natural agent as liquid stimulus, acting on the physical constitution by the reiteration of diurnal use—can it be doubted that injury to the

moral system will result from such habitual stimulation?

If this injury shall not in all instances happen to occur, the exceptions will be, though not purely fortuitous, yet of no frequent occurrence; and owing to causes readily brought into view. The moral obdurateness calculated to withstand the destructive habit in question, may either arise from early educational direction when the passions and disposition have naturally been irregular: or be owing to a moral system, habitually or from nature, unyielding to physical impressions. The individuals, therefore, who may be exempt from the contaminating and destructive influence alluded to, will be only those who enjoy the rare blessings among youth, of habitual discipline of the temper and command of the passions, under circumstances of whatever nature, calculated to worry or rouse the one, or call into frequent action, or exasperate the other. It will readily be conceded, they will be a small proportion of whatever

number of youths may be gregariously met, either in the navy or elsewhere. The individuals, less happily gifted by natural constitution, or early discipline of temper and dominion over the passions—who may be injuriously affected by the causes, and in the manner already mentioned, will be sufficiently numerous to *justify the appellation of demoralizing habit to the daily use of such quantity of ardent spirit as now by law constitutes part of the rations for midshipmen whenever they draw them in kind.*

The foregoing remarks have reference solely to that established quantity, supposing it be consumed; assuming as a postulate for the present, that the quantity may not be considered excessive, nor the daily use of it esteemed intemperateness, an opinion in which, for one, I am not inclined to acquiesce, except for argument's sake at this time. But even under this favourable supposition, the truth of which is at least very problemetical, who shall say that the

use of distilled spirits will end with this questionable point of moderation? Who shall confidently say when, and in how many instances of a given number of individuals of this class, particularly the younger portion, the daily use, under the approbation of *legal acquiescence* in the propriety and utility of *so much*, may not beget a love for *more*? This additional quantity will seem to be required, as the system of the individual shall become by habit less sensibly affected by the accustomed portion, at least to his own feelings: though actually suffering under its use in the eye of a common observer, as well as that of the medical attendant on ship-board.

Who can say how many individuals of a given number of youths, many of them actually in a state of physical infancy, and most in that unsteady state of corporeal and moral vigor immediately preceding puberty, and for some time continuing thereafter—shall not yield to a want of discretion inci-

dent to their age; to a vacillation of constitutional strength, at the epoch of life alluded to—and become absolutely intemperate, by the use of more liquor than that allowed by law in their rations?

Who shall say, that this poison, legally directed as part of their daily sustenance, shall not number among the victims of its insidious and deleterious power, many a fine youth, who, but for this temptation, would have been guilty of no aberration from rigid temperance; but who, seduced by example, urged by solicitation, and, above all, encouraged by the apologetic reflection that what the law allows, if it do not actually direct coercively the use of, must be proper—yields to the conspiring influence of all those evil incentives; thus becoming morally, and often intellectually debased, at an age so young as to preclude the idea of any other result than confirmation in this detestable vice? The instances of reformation are so few, in my belief, after early intemperance, as by their rarity

alone, to strengthen the demoralizing character of a habit, which, in its due course of confirmation and long continuance, levels alike the educated and the gifted, the moral and the honourable, the chivalric and the brave, the intrepid and the magnanimous, the courteous and the gallant, to one state of grovelling prostration and enthralling vice!

This degraded state of man presents a picture, revolting as it is, which may not indeed be heightened in colouring, but rendered more glaringly shocking by showing it to military men in another light. In this view, and but a little in the perspective, which, in its turn, as the bonded slave to liquor travels onward, will be bold foreground, we see moral and physical imbecility, meanness, pusillanimity, filthiness, fatuity, and brutishness!! This picture I have drawn from life. Many have I seen of whom it is a just resemblance. A similar striking portrait of their morbid condition and death, is to be had from the pencil of

any physician who has seen (and what physician has not?) the pitiable state of sots, in their deplorable misery. I have often witnessed their sufferings, no less agonizing than their degradation was shocking. In vain was the medicinal chalice offered to appease them; it contained not, it cannot contain, any remedy for them; in vain was it emptied, after being filled to the brim with narcotic drugs, with the yearning expectation of inducing sleep—no oblivious or soothing essence do these drugs any longer hold, when administered to the sot. Vigilance—morbid, painful, maddening, unceasing, irremediable vigilance, is the doom of every drunkard, sooner or later; but it is the mere precursor of the wreck of intellect! Measuring the distress it occasions, it is as a mere spark to the full blaze of a raging fire, compared to the frightful mania which supervenes; a mania, grounded on the destruction of nervous energy, and thence, of that timid, nay, cowardly kind, which sees harm in every

object, and danger in the presence of every friend; a mania, during the short continuance of which, (for it soon runs a fatal course,) the wretched victim is haunted by all the horrid ills a disordered imagination can present, as constituting the climax of human misery. Fire, falling walls, furies, threatening violent death, are constantly in his view. On the naked sides of his chamber, or within the curtains of his bed, are pictured to his sight all sorts of terrific images. They often drive him to leap from a window, or commit suicide, to avoid what he deems torture worse than death—their demoniacal sports in his disordered brain! or, bemoaning his fate, fleeing from his persecutors and tormentors, imploringly deprecating their wrath, convulsively and despairingly, but feebly withal, contending against them—he dies in tremors, exhaustion, and agony!!!

How often has this catastrophe blighted the hopes of many a meritorious parent in his beloved offspring devoted to the naval

service! How cruelly has he been frustrated, after years of solicitude and unceasing lessons on temperance, by a conspiracy of causes and seductive examples, hostile to that virtue; one of the most active of which, and, consequently, several growing mainly out of it, might be removed by a new law, rigidly enforced according to its letter and virtual intention. Such a law would, under such execution of it, secure the health, save the lives, and preserve to the country the efficient services of those of her officers, who might, without it, fall victims to intemperance. The devastating effects of this vice, should it prevail to any general extent, would prove more destructive to her naval sons (I do not say that it has done so) than unhealthful climes, the chances of the seas, the accidents incident to the service, if not even than warfare itself! I believe, conscientiously, that the country has been deprived of the services of many a youth, born to reap honour and glory in her cause, owing to the inviting

circumstance and daily temptation already mentioned, having led him unwarily from his duty, his fame, and his happiness, to pursue that course so eloquently depicted by Shakspeare :—

“To be now a sensible man, and by and by a fool, and presently a beast! Oh, strange !”

I have as yet refrained from dwelling on the question, whether the quantity of liquor now allowed, by law, as an integrant of the ration which may be drawn by midshipmen, be within due and safe bounds of moderation? yet, as this quantity may legally be drawn daily, by these officers, if they shall choose to do so, there being no lawful reason to prevent it,—it may not be without use to inquire whether the quantity be too great or otherwise? It has just been said it is optional with midshipmen to draw their rations. This is, at least, frequently the fact, and is often done. I shall, in the sequel, notice that the commander of a ship sometimes prohibits this. But I am inclined to think that those who may come

under the prohibitory regulation, may deem their commander to be illegally interfering with their lawful rights; or unkindly distrusting their moral habits or discretion, by interdicting such drawing, in kind, of the ration and spirit apportioned to it by law. The inquiry just instituted, therefore, may appear the more proper, seeing that midshipmen may, and in fact often do, draw their rations entire: no interdict of their commander existing to prevent their doing so. In any attempt to give an opinion on this point of quantity, we are immediately met by difficulties and contrarieties, neither easily set aside nor reconciled. I admit the difficulty of graduating such a potent stimulus as distilled spirit to the various ages, constitutions, tempers, and health of individuals constituting the grade of midshipmen; discrepancies obviously existing among that class of officers, in a degree far greater than in any other. I admit, also, that by some few, of peculiar temperaments and moral feelings, or of

idiosyncratic insusceptibility (in physical constitution) to the impression of diffusible stimulants—the established quantity might be used without injury, and perhaps with apparent benefit; yet, on the other hand, it cannot be denied, that in some persons, a morbid liableness exists to be seriously affected even by small portions of this subtle stimulant. Between the insusceptibility and excessive sensibility noticed, various shades of both states intervene; but, so far as my observation extends, I must believe the average will always be found to present such characteristics of moral and physical constitutions, as to be generally influenced, and for the most part injuriously affected, by the quantity now established as part of the ration.

From this very difficulty of apportioning a healthful quantity of such a stimulus, to the diverse temperaments of the youthful class of officers in question, I would infer the inutility of any attempt at generalizing the aggregate susceptibilities of constitu-

tion, by affixing any particular quantity of liquor, as innoxious. Still more embarrassing, nay fruitless, would be any endeavour to decide how much would be safe to all; and to fix upon any gauge which would be positively useful to all, is impossible. Should these views be considered correct, it follows, that if, notwithstanding the disadvantageous circumstances attending the allowance of spirit in the ration, it be still deemed fit that it be continued: it is evident that some measure, reconciling as far as possible, all the different susceptibilities noticed, must be adopted. Hence the inference is irresistible, that, in gauging any particular quantity as the innocuous, safe, and useful standard allowance, with the design and expectation of meeting the aggregate condition of all, the embarrassment occurs, which has been suggested, and error and harm must result. If spirit be allowed, the quantity must be fixed. If the quantity be fixed, injury of some kind will be inevitable to many, and serious evil to

some is more than likely to occur ; while jeopardy must result to all, owing to the hazard pertaining to a subject, beset with difficulties at every point. 'These are not only perplexing and important in their bearing, but amount nearly to a dilemma. They appear to me to designate, as the course of wisdom, the abolition of distilled spirit altogether, from the ration of midshipmen; thus, in commencing a formal desuetude of a long established custom, operating with a salutary force on the minds and conduct of young and inexperienced officers, by the lesson of temperance, legally conveyed, in a deliberate act for their welfare. The effect of such lesson might not only be prospective, but corrective of present evil, wherever it may exist in the Navy, unconfirmed by time and incorrigible vice. This it would do, by warning the reckless of their danger; and the vicious, should any exist, of the monitory notice bad habits had elicited in the councils of the country. Abandonment of a practice would most likely follow that au-

thoritative discountenance of its disqualifying and ruinous consequences, which a deliberative investigation of its evil tendency in those councils, had prompted and promulgated. The question whether it would be wise to substitute any other kind of liquor in lieu of distilled spirit, now existing as part of the ration of the Navy, with intention to render such modified ration apposite to the moral and physical condition of midshipmen, appears directed by the resolution of the House of Representatives to the Navy Department, for decision. It might therefore seem to be transcending the instructions submitted to me by the department, to touch upon it.

It however may be deemed well worth the reflection, when that important question shall come to be considered, whether it be feasible to substitute any kind of liquor of a vinous* or spirituous nature, which

* It has been proved by experiment, that a bottle of any of the strong dry wines, as Madoira, Sherry, or Port, contains about a *pint of proof Brandy*.—*Paris Pharmacologia*, Amer. Edit. vol. ii. p. 350. See *Appendix*, of this book.

will certainly prove innocuous; and whether, in order to disencumber the ration completely of the mischievous items, for this class of officers, any thing more than the solid portions of wholesome aliment, and the ingredients of healthful dietetic beverages, as tea, coffee, chocolate, cocoa, surrogate, lemonade, &c. ought to enter into it. It may become, with benefit perhaps, an inquiry, whether the common ship's ration, (which is the same as that drawn by, or allowed to midshipmen,) be the best and fittest which might be devised, for this grade of officers, or even for the crews* at large. The contemplated investigation of the merits of the liquid portion of the ration, might be considered oppor-

* It must not be forgotten that *boys* and *striplings* also form a proportion of crews, as well as officers of U. S. vessels. I have often known them, and even men, seriously injured by the present ration (the spirituous portion). See a work on Marine Hospitals and the Navy, by the writer of this report, 2d ed. article Ration, section 10th, page 215.

tune for such an inquiry. To me it appears plain, that a ration more wholesome and less gross, might be established for midshipmen. This would induce the officers of that grade to draw their subsistence in kind, at least at sea; thus rendering them more comfortable than they can now possibly be, subsisting on their present rations; leaving them the liberty of laying in only such additional comforts as their pay or means might enable them to afford. I know not whether it be feasible to have two distinct rations. Should it be so decided, then the points just hinted at would be usefully taken into view. Should such a ration be established, it might also be drawn by assistant surgeons and other officers who mess in the steerage, and who now participate in the same inconveniences and want of comfort in diet, when they also subsist on rations, which midshipmen encounter.

If it could be made to appear, that economy and comfort among young officers would be promoted by such a ration, and

that it would be practicable to issue it; it doubtless might be deemed expedient to institute such a change.

Fourthly, The effect on the health of the individuals, should each midshipman use the quantity of distilled spirit now by law constituting a part of the daily ration?

This involves the questions, 1st, whether the excessive indulgence of the natural passions, or their precocious development, during the period of adolescence when they are already prone to undue excitement—has any prejudicial effect on the physical constitution? 2d, Whether the direct and daily application of a strong stimulant like spirit, in considerable quantity, to the stomach, does deteriorate the vigor and functions of that organ: thus depreciating, by the well-known inimical effects of its weakened tone on the system, the functional powers of the body generally—producing consequently imperfect health, pre-

mature disorder or disease, or both successively?

The physical health is always impaired in those who habitually indulge in uncontrolled passions. The permanent or transient injury to the constitution, which may accrue from this cause, will undoubtedly be owing—the first to the frequency of its repetition—the second to the infrequency of its recurrence.

It has been advanced, in the consideration of the *third* query, that the habitual use of spirit excites the passions unduly, and renders the temper wayward and perverse; and in the consideration of query *fifth*, (in the sequel) that it produces a state of moral feeling, contrarious to subordination. It therefore follows, for reasons of which the positions just stated are the true results: that the health of individuals among the class of midshipmen, who might daily consume their lawful allowance of distilled spirit, would be injured; and for reasons causing the injury and following it, that in-

jured state of health would be incompatible with their own comfort and contentment, subversive of harmony with each other, as well as inimical to the interest of the service at large. The latter would just be in so far affected, as they might be dependent on the fortitude of its officers—a virtue quite as essential to the weal of the Navy as courage. That weal depends, not merely on the effective, but on the tranquil discharge of duties, with self satisfaction, and resignation to privations, under circumstances calculated to try the patience and health, and test the decorum of those uninured to hardships and control.

The affirmative of the second question is founded in knowledge, trite and universal. The pernicious effects of ardent spirit, habitually and imprudently used, on the mucous tissues, stomach, liver, digestive functions, brain, nervous and muscular systems, in a word, on the active powers of life, are well known to every physician of even moderate experience.

Let the statistical accounts of temperance societies, public charities, and infirmaries, be consulted. Let the daily observation of any intelligent and reflecting person be appealed to. In fine, let the unwilling, undirected, appalling evidence of our senses, in our daily communication with the world, be trusted, and it will be conceded—that the injurious tendency of spirituous liquors on the powers of the system, is ascertained; their pernicious effects on the health of individuals addicted to the inordinate use of them, unquestionable and disastrous; and their demoralizing influence on those infatuated creatures enthralled by the engrossing love of them, unequivocal and mischievous.

The catenation of all the evils they produce, though seen every day, never loses its revolting effect on the mind. It leaves there the conviction, that those evils imperiously call on the competent authorities to remove them, should they pervade the service of the Navy.

Fifthly, Whether the discipline of the Navy would be affected, and, in what manner and degree, should each midshipman consume daily his legal allowance of distilled spirits?

What is this discipline? It supposes, in its legitimate sense, the implicit but harmonious obedience of the numerous individuals composing the naval service, to the authoritative rule of those of all grades, senior to themselves, holding power to command for the time being, not only without murmuring, but without discontent or impatience. Surely discipline, in this extended, though true sense, is likely to be stained in its legal and efficient beauty, by any thing which approaches a morose or reluctant execution of orders; especially if the acquiescence be exactly of that vexatious kind, betrayed by certain perverse and contumelious dispositions, which is sufficiently visible to be offensive, and yet so vague and circumspect withal, as to be un-

tangible. Is not this ungracious submission very likely to occur, among those, habitually indulging the caprices of temper, over which the reign of self-government is slackened and the curb of reason broken, by any cause, adequate to promote moral extravagance in the inexperienced and unwise? The vagaries of eccentric disposition would find no more ready way to discover their centrifugal direction from the circumference, enclosing propriety as its centre, than that which leads from ill-borne discipline to insubordination. Enough has already been advanced, to show that the habitual use of spirit is such an exciting cause of passion, and such a depressing agent of the good health which carries as a concomitant, quietude of mind and urbanity of disposition, as to render it more than probable, that self-government would be in jeopardy by yielding to it, and therefore discipline affected. Indeed, the answer to the preceding query grows out of the observations already detailed at

length, and will be affirmative or negative, according as weight shall be attached to them or otherwise. If the demoralizing effect of spirituous liquors, habitually used, be granted, will not the daily custom of using the distilled spirit of the present ration by midshipmen, on ship-board or elsewhere, tend to disharmonious wassails among them? Will not these, infrequent at first, be reiterated gradually, until each one who joined them in the mere buoyancy of youthful jollity, be seductively ensnared before he is aware of his danger: becoming, from the natural issue of such a course, an absolute toper? Will he not be a brawler, under the influence of the pernicious cause of his ruin, who, but for the maddening leaven of distempered conduct it ever carries with it, would have acted with becoming discretion and contentedness? In the compunctious grace of a sober moment of reflection, he may wail his lost reputation like Cassio, when it is too late to regain confidence: and like that self-examin-

ing lieutenant, deplore with heart struck regret his folly and debasement which led him

——“ To deceive so good a commander,
With so slight, so drunken, and so indiscreet
An officer.”

Nothing could be more pithy than Cassio's wonder,

“ That we should with joy, revel,
Pleasure, and applause, transform ourselves
Into beasts!”

Or more true than his soliloquy,

“ Drunk? and speak parrot? and squabble?
Swagger? swear? and discourse fustian
With one's shadow? O thou invisible
Spirit of wine, if thou hast no name to
Be known by, let us call thee—devil.”

How many a mortal strife, terminating in an instant one or both lives, to which the heart-strings of worthy parents and families have been fastened for years, (and now in a moment snapped by overwhelming bereavement,) has been the *sober* consequence of a *drunken* brawl! The perverted medium through which every thing

contentious in such carousals is always viewed, lends, often with fatal issue, an obnoxiousness and fancied insult to innocent jest or sarcasm. Deadly umbrage is instantly taken, a challenge given in this temper, and accepted under irritated feelings. All this often occurs among friends. The next day, when soberness and reflection have regained their sway, they remember, like Cassio, after *his* drunken bout,

“A mass of things, but nothing distinctly;
A quarrel, but nothing wherefore.”

Yet they fight, and the consequence is such as suggested above. The trifling disputes on which disastrous consequences to whole families of worth and respectability; reproach to the Navy, as a service giving rise to such evils; and death or maiming to the rash individuals who have so causelessly thrown away their lives, (those lives *devoted to their country*,) and the happiness of their families—owe their origin, frequently, to intemperateness in drinking!!!

How evident then, that the deprecated

but incorrigible evil of duelling in the Navy, would be *lessened* by any means which might render the recurrence of one of its fruitful causes more infrequent. I would not be understood to insinuate that all the duels succeeding to slight cause of quarrel, owe their origin to inebriation; for I know that the chivalrous spirit which swells the young bosom of a very sober person, may, and often does, lead him, from a misconceived sense of honour, and the reparation which may be due for slight injury, or even unpremeditated insult, recklessly to give or receive mortal defiance. But I have known also, the first position to be true, in several distressing instances. The habitual disposition to ire, petulance, and, in some individuals, moroseness; in a word, ill temper of every character, engendered by habitually drinking spirit, by any grade of officers—must result in such peevish personal intercourse with equals, and discourteous obedience to the orders of superiors, as may, not only by

the unfavourable effect of bad example, but by being liable to be pushed at any moment of fancied wrong, or actual discomfiture in the performance of arduous duty, a little beyond the suppressed and bursting point of sullen tolerance—quickly degenerate into insubordination. If these views be correct, how would it be possible, that the discipline of the Navy should not be involved among the numerous evils of intemperateness of all kinds, among officers of whatever grade, in which they might unhappily occur? Its preservation in legal and efficient purity, is intimately blended with that moral rectitude and harmonious resignation to the toils of duty by all, but particularly its young officers, which is essential to the peace, contentment, and happiness, of persons in a state of subordination and circumscribed liberty. Impatience or discontent in the governed thus situated, are like rough chains to the galled withers of the harnessed and mettlesome steed. Yet, impatience and discontent are the moral

results of intemperate use in spirituous liquors. It is important to ensure that resigned acquiescence to subordination, and alacrity in the performance of duty, which are vital to the service, by every means in the sight of wisdom. Among the rest, will be—sedulously placing beyond the reach of the juvenile aspirant after glory and usefulness, any thing like a *legal invitation* to habits tending to sully the one; and to beget irregularities of behaviour, and even imbecility of mind, incompatible with the other.

Sixthly, Whether the character of the Navy may be affected, and in what manner and extent, by each Midshipman consuming daily the quantity of spirit allowed by law, in the rations furnished by Government?

This question asks another—Whether that character be in any degree prejudiced by a want of moral conduct in any of its officers, or be injuriously affected in the

eyes of the world, or in fact, by an imperfect or reluctant discipline from any cause? This interrogatory involves no postulate. It is decidedly answered in the affirmative, by proof at command of every one of common sense. Whether a want of moral deportment or such constrained discipline can be owing to the use of ardent spirits, as a habit among young officers, directly or remotely, is a problem not difficult of solution, at this period of the present discussion. The facts and reasonings which I have to offer on these two points of "character" and "discipline," in reference to the habitual use of distilled spirits, are already embodied in this report, under different heads. It requires no uncommon powers of ratiocination to make the legitimate inference, if the premises be granted to be true. This will depend upon the degree of credence which all the foregoing positions and reasoning may be thought to deserve. If they be deemed fallacious, sophistical, or overstrained, then, immorality and rebellious

tolerance of necessary discipline would not be produced by ardent spirits, habitually used. But, if they be deemed valid and sufficient, the verity of my inductions must be admitted; and, since moral decrepitude and insubordinate conduct must then be ascribed, in some measure, to ardent spirits—it is fair to say, *the character of the Navy would be materially hurt, should each Midshipman consume the quantity of distilled spirits furnished in the rations supplied by Government.*

Having thus considered the main points embraced by the resolution of the House of Representatives, and exhibited the corollaries predicated on the several positions and courses of reasoning, growing out of that consideration, a few general observations now naturally occur to me, as worthy of being mentioned in this place.

I believe it is not uncommon for commanders of United States' ships of war to prohibit the Midshipmen of their vessels from drawing the spirit of their rations. I

do not know whether any allowance be made, under such interdict, for the value of the liquor withheld. This information the Navy Department must be possessed of, through the returns of Pursers.* But the fact itself, of prohibition, while it argues the inutility of that liquor, in the estimation of as many commanders as do interdict it, (if it do not prove, even their opinion, that it is prejudicial,)—may be considered, by some, as sufficient to prevent the use or abuse of spirit among young officers. Those who think this, would, consequently, be apt to deem it a work of supererogation in the national legislature to abolish the liquid item by their fiat. So far from entertaining such an opinion, myself, I would suggest, whether the mere fact of Congress abolishing this part of the ration of Midshipmen, would not be received by all concerned, especially those immediately the

* I believe the 4th Auditor has not always accounted in money, for parts of undrawn rations, though *always* of course for the *whole of such* as were not drawn.

objects of such protective act, as imperatively discouraging the use of any liquid stimulus with their diet, under ordinary circumstances, during their official minority? When time, habit, and reflection, should have infixed such steadfastness in the principles of the mature man, that danger could neither accrue to himself, nor injury to the service, from his proper use of wine, malt liquors, and occasionally even distilled spirit, *in great moderation*: then, either, or all, might be taken, under the chastened measure which early and long-continued habit of self-denial, had rendered not only easy to conform to, but palatable. Such temperate habits, so becoming and praiseworthy, would be practised with entire safety to morals; compatibility with good health; and consonance with officer-like propriety. Such an act, by the Congress of our country, as that just alluded to, would manifestly inculcate,—that self-denial and manly temperance were expected by that country, of her glory-loving and glory-giv-

ing sons ! That those who were destined by profession to govern others, she expected first to be fully able to govern themselves !! That those in whose trust she confided her high honour, she expected would do nothing calculated, in the acknowledged opinion of all the world, to render them unfit for that important trust !!!

Such expectations, conveyed in language which could neither be misunderstood nor disregarded, would set at ease the apprehensive bosom of many a parent, who devotes his son to the Naval service with a dread of intemperance, only less distressing than the anguish he endures, when the object of his early care and hitherto his pride, shall actually have become addicted to that vice. Such a law, devised in wisdom, and executed with exemplary severity: would not only check, if any thing could do it, present evils, (should such be found to exist); but would prevent those who now constitute the junior officers of the service, from falling into the ruinous course of such of

their seniors as may be obnoxious to the charge of intemperateness. I undertake not to say, there are any such ; but if there be any, such law could doubtless suitably provide for them. They are deserving of the only rebuke which could simultaneously bring them to the sense of their folly, and relieve the service of the burden and bad example by which they oppress it.

In a state of things like this, parents would be encouraged to resign the control of their sons, at a period when their morals and habits most demanded *surveillance*: by placing them in a service where, by the laws, and rigorous enforcement of them, their moral safety was not equivocally provided for. Whereas, the law now permits the use of so large a portion of spirit, as to prove immoderate for the greater proportion of those who may use it, and destructive of the morals and health of nearly all who do so—thus justifying intemperance. It is submitted to the Navy Department, whether it can be wise to leave the disuse of spi-

rit, altogether to the discretionary interdict of commanders: on whom an ungracious responsibility is thus thrown, with the further disadvantage that what is left discretionary, may sometimes be omitted to be done. If evil exist under present circumstances and usages, the corrective, to be efficient, must be universal. Examine the prohibitory act of a commander of a ship, who declares his midshipmen shall not draw the spirit of their ration. It brings to light the fact, that he interdicts the use, by those officers, of that item which lawfully constitutes a part of the subsistence assigned to them as a modicum of their professional compensation. He will not allow them that, which the law, in its estimate of their compensation, declares they are entitled to receive; in other words, he withholds an integrant of that entire ration which the law has by its very letter and spirit decided, it is expected shall be daily consumed by them. But, besides this, the steerage often contains officers of the grade of midshipmen, of so old a date as to be on the eve of

promotion, and in the full age of manhood; such, too, as have had their habits under good control. Such ought not to be taught, that distrust of their discretion and moderation is entertained by their commanders; and in an interdict among five, ten or twenty officers, it would not be possible for exceptions to be supposed or pointed out. Indeed, such designation of exceptions would be still more unpopular, and perhaps unjust, than the general prohibition. In addition to this difficulty, the characters of the midshipmen are often unknown to a commander, until they shall have served with him some time. Their habits are equally beyond his ken. He might issue his interdict, when neither the character nor habits of the steerage officers would render it necessary; and, lucklessly, might suffer the subject to pass unnoticed, when both, in a majority of the whole number, should actually call for a prohibition. In every view of the subject, it appears to me plain, that the discretionary power now exercised in some ships by commanders, is

not a sufficient safeguard against intemperateness; nor, indeed, a just disposal of the liquid part of the ration, unless its value in money be accounted for, to the credit of the individuals on the purser's books. It likewise is clear to me, that, notwithstanding the good motive which induces the commanders to exercise this assumed power; and notwithstanding the certain good effects which have followed that exercise, and the fact that it is the only corrective method the nature of the existing regulations admits of, to keep down an evil of magnitude and ruinous tendency, (and one I fear on the increase rather than declension;)—still I am of opinion, that the importance of the subject demands, that this discretionary power should be superseded by some more efficient and universal corrective. In a word, I believe an act of Congress is called for, and would be important in its principle, and beneficial in its operation. All which is respectfully submitted by

WILLIAM P. C. BARTON.
Philadelphia, September 14, 1829.

REPORT No. II.

Made to the Honourable John Branch, Secretary of the Navy,

Pursuant to his instructions of the 13th July, 1830, as follows:—"It will be very satisfactory to the Department, if you will, as soon as may be convenient to you, give your views as much in detail as you may think proper, on the means of protecting the health of seamen, in the interval between their enlistment in the naval service, and the commencement of the cruise; stating the probable cause of the predisposition to disease, which is contracted during this period, and the means by which it may be probably guarded against."

This report is now for the first time submitted to the consideration of the Honourable the Secretary of the Navy, having availed myself of the permission to pursue the course subsequently suggested.* It is offered with the assurance that the subject will be more extensively considered hereafter, among more general reflections on the preservation of the health of seamen, which will probably find their way to the view of the naval public.

* By a letter from the Department, dated August 4th, 1830, of which this is an extract. * * * * "your views on the subject of preserving the health of seamen after enlistment, and previous to the cruise. Or will you reserve this point to be introduced into the work which you contemplate preparing on the means of preserving the health of seamen generally? We shall be pleased to get your views, present them in whatever shape may be most agreeable to you."

REPORT, &c.

The probable causes of predisposition in raw recruits for the naval service are to be looked for in the peculiar character of seamen themselves, and their habits on shore, especially during the period they possess money. Short, indeed, is the duration of this time—but proportionally numerous, and rapidly reiterated, are their exposures to the predisposing causes of disease, by the uninterrupted indulgence in *every species* of intemperance, and every hazardous tampering with the strength of constitution.

The character of a sailor is so well known to all persons who have had any, the least opportunity of observing or studying it, that it is unnecessary to dwell on this point to show how reckless he is of health; and how continually that thoughtlessness jeopardizes its continuance. With money in his pocket, he is a being as different from the character he presents without this

means of dissipation, as it is possible to conceive. Without this, to him burthensome trash, especially (as is generally the case when deprived of it) when he has no credit for food, drink or lodging—he is quickly ready to embark in any enterprise which has a ship or the sea for its scene. The more hazardous, the better, to his daring and inconsiderate mind. In saying this, however, I am far from wishing to undervalue his bravery, by the imputation of unwitting foolhardiness. No being is more fearless than a sailor. His courage is of the high, enduring, and intrepid order: though it is not of the most intellectual or refined character. Let any man of feeling view his continual exposure of life, and his total want of selfishness, when in time of danger or need he receives his orders for precarious and life-endangering duty—let any one of reflection, have frequent opportunities of seeing this, and he cannot but admire the boldness without ferocity, the noble fortitude, for it is with-

out selfish views—for which a judiciously disciplined sailor is remarkable. Obedient, implicitly so, under such discipline, he is correspondingly respectful, and becomingly submissive to the youngest officer placed legally to direct or control him. No one knows better what just and effective discipline is, than the common sailor. No one feels its necessity more certainly than he does; and I would add, no one better knows how to respect and love the commander who *consistently* directs his actions, and controls his labour. If this perception be allowed the sailor when it is exercised under the restriction of his personal liberty and enjoyment, who can rationally deny him an endowment which is capable of bringing to his conviction as unofficer-like and absurd, any time-serving, popularity-seeking, capricious, or undecisive course of conduct in those who are placed over him of whatever grade! A sailor loves the officer who rules him according to law, and punishes him according to his forfeiture of

that officer's respect by the commission of crime or misdemeanour, provided this franchise be exercised by his ruler, legally, and with firmness, with impartiality, with feeling. If all this were not strictly the fact, it would be impossible for one man and his officers to rule four or five hundred discrepant beings in the same ship. And if it be the fact, which I assume it incontrovertibly to be, we must allow the sailor to be a thinking and a rational being, at least during the continuance of that period for which he has voluntarily surrendered his personal liberty and his personal services. He is moreover not destitute of feelings; is often possessed of high-mindedness, but always of ordinary susceptibilities of kindness and humanity. How, therefore, is he to be treated? Like a machine or a witless brute without human passions or resentments? Alas! how egregious the error which supposes this! How fatiguing and imperfect the attempt at effective discipline founded on this irrational and condemnable illusion! No. He is a

sentient being: and he moreover discovers the precise passions of the angry and amiable kind, which distinguish all other men of similar disadvantages of education. He knows his rights—he recognises to the full extent, the injustice of any deprivation of them. He will bear much of this kind of deprivation without absolute murmur—but not without querulousness. He will submit to any restriction of them, however, quite willingly, when he perceives, which he can well do, the necessity for the measure. He will endure any allowance of food, or grog, or water, or raiment, or any deprivation of rest, when disaster or distress or perverse elements conspire to render the limitation expedient. But, when these do not exist, he will contend respectfully for his rights. Should they be involved with an imperfect ration or a ration of improper quality for example—he unhesitatingly will refuse that which might be offered him, if unfitting, and if remediable by the opportunity of procuring better.

He will have his full ration even if he cannot consume it. He will be obedient, respectful, and dutiful, till the day *his time is out*—after which, if he takes it into his head, he will refuse to be either obedient, or even respectful, unless it suits his whim, or unless he be greatly attached to his commander. This shows not only the necessity of good faith with him, but sets forth his sense of his lawful rights. If this be the real character of a sailor, and to my perception it is his just one, during the period of his affianced time to the country's service, it follows: that his health and comfort may as certainly be promoted after his enlistment, by moral and physical regimen, as those of any other man would be. He should be well clothed, supported by wholesome food and just allowance of grog, at all times in the receiving service. I am far from intending to say this is not the case in any or all of these particulars. My own personal knowledge does not warrant me in saying any thing to the con-

trary. But he should, moreover, not be placed in any situation during that receiving service, and preparatory to the cruise, which he has not shipped for; and which he may esteem derogatory to his pride of profession. And where is the being with more of this pride! It is his glory: and it is that pride which makes him efficient. He despises a *land lubber*, as he calls all laboring men who are not bred to the sea. He cannot endure, therefore, any of the occupations of a landsman. He hates digging, or hauling, or wheelbarrow duty, in navy yards, if imposed on him as a duty. Yet, in his willingness to serve his officers when he loves them, (and he always will love those who treat him legally and with kindness,) he will do these things, or any thing else in his power for them—fight for them—die for them! It is consequently impolitic to impose on him any duty uncontracted for by his shipping articles, and *therefore onerous and revolting*. He conceives it a breach of good faith. He will become dis-

contented, and will be rebellious, complaining, undutiful, inobedient, or will desert if he can. His discontent, by the effect of moral influences on his system, will render him depressed in spirits, and consequently weakly, seeking pretexts to go *on the doctor's list* to get rid of work; or, wholly disheartened, he will, if he cannot escape by desertion, sink dejectedly into low fever, and be good for little until his time is out, if death do not sooner release him.

Moral treatment, therefore, "before the cruise," is a prophylactic of disease and disorder. It remains for me to call your attention now to the sailor's character and condition, with money in his pocket, before he ships; and to show by that course, how physical treatment shall, after he has signed articles and has entered the receiving service, preserve his health.

A discharged Sailor with Money in his Pocket.

Here is a being, as already has been said,

diametrically opposite, in character and conduct, to *himself*, when with a filched purse and tatterdemalion dress, he seeks service. Here is a puzzle. I have heretofore thought there could be no difficulty in describing what could be understood. But I confess there is a difficulty here. A freed *money-full* sailor is a *poser*! This difficulty may consist in my not understanding his character. It may be in the fact that he is hardly to be understood. It may be that he is a heteroclite; and is therefore indeclinable—or in other words indescribable. Whichever of these suppositions be true, I am, I confess, *at fault*, yet will *point* at random.

Relieved by receiving his 50, 100, or 200 or 300 dollars in hand and his captain's signature (which he closely scrutinizes to be certain all is right) to his printed discharge—relieved thus in a moment after signing the purser's books, from the trammels of discipline, and the labour and night watching of a boisterous profession—a pro-

fession of hardship and self-denial—his countenance suddenly assumes an expression of hilarity never before observed in it, which by the time he has taken an affectionate leave of his mess and favourite shipmates and his respected officers, savours a little as he passes to the gangway of pride and hauteur. By the time he has fairly got into the boat which is to take him on shore to *get drunk, maltreated, beaten, cheated, robbed, and sick*—this pride, this joyous expression, has a smack of downright contempt for all he has just left behind him. In an hour he is “*swipy*,” and swaggering; in another *half-seas over*, turbulent, obstreperous, pugnacious—damning the ship he a few hours before loved for herself, for her very model or rigging or sailing, or some other good quality; cursing the officers from whom at any time during the cruise, he may have received real or fancied wrong—swearing by blood and wounds and every other shocking oath, vengeance and retribution. He now meets

another *discharged man*, or a *liberty man*, the first nearly as bad as himself, but the latter preserving his respect for his ship and officers—insists on *treating* them. In one hour more he swills many a dram of *blue-ruin*, or his delicious grog, gets beastly drunk, fights with his mess-mates, falls down and hurts himself, is cuffed and robbed by cowardly, unfeeling, and cheating *landlords*, and then ensues *blue-ruin* in earnest. The next day, sufficiently sobered to walk, he renews the preceding excesses with increased inability to bear them; and so on day after day in one continued wassail, until his money and health and clothes are gone! He is now, when sober enough, (by loss of money and credit to get more grog,) led like a culprit or bad child, by his avaricious landlord, to re-ship for the service. His advance is received by the lucre-loving wretch in whose gripe and debt he is, and who is his security for being forthcoming at the expiration of his *liberty*, and for his legally required quantity of

clothing. During the time the sailor is in the clutches of this faithless pander to his vices and his temporary ruin, the latter doles out to him just a sufficiency of money, daily, to make him and his female favourites drunk: and thus the recruit is surrendered to the receiving vessel in that awful state of nervous and muscular exhaustion known in the navy by the expressive epithet, the *horrors*; and by medical men, by that of “*mania à potu*,” or a state near akin to it!! In all this there is no caricature. I appeal to all recruiting and experienced officers, medical or sea, whether it be not a faithful picture of his pitiable situation. Who can want feeling for the poor creature, that has known *him*, or any other true sailor *without* money, and after he has been disciplined! Who can want sympathy for his sufferings! Who cannot see how much in need he now is, of physical comforts and medical attendance. In this state then let me consider what can be done for him, to restore his wonted strength and to renovate and pre-

serve his health “before the commencement of the cruise.”

If the received recruit be not now predisposed to disease of any prevailing type, according to the season, I wonder when predisposition can be said to exist! Is it winter?—he is liable to catarrhal and pneumonic affections. Is it spring?—he is liable, in addition to them, to vernal epidemics. Is it summer?—he is liable to cholera, dysentery, fever. Is it autumn?—how can he escape quotidians and tertians, moored, as receiving ships are, by river sides, and near navy-yard wharves? In a word, the medical attendant will have his hands full—the receiving commander and his officers theirs well employed—to meliorate the condition of all such as are shipped after irregularities like those described. It is quite true, that *all* sailors do not run the injurious course pointed out as so inviting of disease; but the majority of them do—and all, more or less, are guilty of indiscretion and folly, for which, sooner or later, they

are requited, as needs must be, with disease or death, or restoration—according to the neglect or judicious care which may have been taken of them.

I cannot here deem it either necessary or professionally becoming, to point out the medical course of treatment requisite to remove, the predisposition to, or the actual disease which may have supervened. The medical naval corps is now furnished with talented and experienced young men, some of whom always are attached to the receiving service. They are competent to any thing I could devise. I would, however, from many years' experience in the receiving service on this station—invite the medical officer, never to pass unnoticed and unreported, any deficiency in clothing, or any kind of dress inappropriate to the season, or any wants of the purser's comforts, or any thing in the state of the receiving vessels demanding attention, as coldness or dampness, or imprudent washing of decks. The receiving service of this station has for

years been conducted with efficiency and healthfulness. My reports of the necessity of clothing, ventilation, warming, diet, &c. &c. have always gone through the several very attentive officers who, in succession, have commanded the receiving vessel, to the commandant of the station, and have been in every instance quickly attended to; while the requisitions were ever promptly executed by his order. The galley on the berth deck in winter; an awning or roof to the whole of the upper deck, both in summer and winter; and especially free ventilation in the oppressive months, by wind-sails; with great attention to the personal cleanliness, the clothing, and the diet of the recruits; and circumspection of the state of the round-houses, the berth-deck, and the vessel's scantling—will, with the superintendence of a medical officer, be all sufficient “probable a means by which predisposition to disease which is contracted during this period, may be guarded against.”

I have a word or two to say in reference to the injurious impositions practised by landlords, to evade the legal requisition for old clothes and new slops, with which they must present the recruits to the receiving officer, before they can be freed, by the receipt of that officer, of their responsibility. There is good reason to believe they surreptitiously convey out of the vessel, on some fitting opportunity, the clothing, or part of it, which has passed the due inspection of the officer of the deck, at the time the recruit was delivered by his surety: one or two suits thus serving for several men. This I have often myself suspected, nay, believed, when I have happened to notice a man's insufficiency of dress, while but a day or two before I had been present in my morning visit to the receiving ship, at the satisfactory overhauling by the proper officer, of his clothes-bag. It is scarcely possible, under existing regulations, to prevent these shameful practices, or to detect the source of fraud.

Another point I must in conscience notice, relating to *boys*. Youths are frequently shipped fraudulently as by the above imposition, with apparently a due quantity of clothing. It disappears gradually; and when this declension of the numerical contents of the clothes-bag is noticed by the officer mustering the recruits—no account can be given. He is reported to the purser for slops, when it is discovered that three months' advance has been charged to him, of the greater part of which the mother or relations, and the landlord, have mulct the poor boy. He is transferred in three months' debt, perhaps additional debt for new and necessary slops at the receiving station—and for months he can neither receive either tea and sugar, or proper clothes. How can these evils be prevented, as long as so much as three months' advance is allowed to boys, and thus a temptation held out to needy mothers or relations, to get rid of their kin by causing them to be shipped, in order to get the chief part of the

advance. It cannot be expected that the purser will incur the heavy responsibility of furnishing tea and sugar, &c. to boys so much in debt, and a responsibility must lie somewhere, if clothing be ordered to be issued to those already so many months in debt. The evil complained of is not owing to any negligence or supineness in the recruiting or receiving officers; but to the insufficiency, in my opinion, of present regulations to meet and correct the audacious conduct of base-hearted landlords, and unfeeling parents and relatives.

All which is respectfully submitted by

WM. P. C. BARTON.

September 30, 1830.

USE OF TOBACCO.

I am neither so foolish to attempt, nor so vain as to expect success, if I did attempt, so to inveigh against the use of tobacco, as to induce an entire abandonment of so cheering a luxury. Having at one time of my life used cigars, and at another

snuff, in *moderate! excess*, I must feel particularly well aware of the effects of these two modes of using tobacco. I can conceive chewing to be even worse than these. *All*, I know, are hurtful to the health under any circumstances, if excessively indulged in. Herein consists the danger of those absurd, filthy and vulgar practices. *Drink deep or taste not*, is not the injunctive precept, but the metaphorical consequence of any tampering with the chastened taste of an unpractised tyro in the use of the fell weed. Few there are, particularly among the young, who can discreetly limit their addiction to tobacco—and few in fact can agree, except those who use it not at all, upon what number of cigars, how many quids of cut-and-dry, or how many pinches of snuff *per* hour, may be fairly considered moderation. Tobacco, in whatever way used, immoderately, impairs the digestive functions, produces nervous tremors and debility, occasional nausea and sickness, or at least gastric uneasiness, vertigo, heavy sleeping, sallow complexion, and desire for

strong drink. If I expected to be implicitly followed in any advice I might give on this subject to officers on any station, I would say abandon every way of using tobacco, for all are alike prejudicial to health. But as I know this would be as irrational as to stand by a river's banks and expect the stream to run out that I might cross on dry land, I will only advise that *great moderation* be practised in the West Indies with tobacco, and that chewing and snuffing be altogether laid aside. Smoking is *there* a more natural stimulant than in a colder clime; and seems, to confess the truth, to be called for, either by the infectious influence of universal custom, or by the debility supervening to a continual elevation of temperature. There is another reason for smoking on shipboard, in preference to either of the other two modes, with which I will indulge the reader: though to render any injunction effective I ought perhaps politically to conceal it. Smoking can only be practised at the galley

—and an officer cannot always be there; while chewing or snuffing may be inordinately indulged in every where in the ship, even on the quarter-deck and when turned in. I have however so much reliance on the good sense and proper conduct of officers in this respect, that, as I know few who use tobacco in any way who are not sensible, as indeed they cannot help being, of its pernicious tendency—I am persuaded they will, for the most part, abandon chewing (the most prevalent practice) and resort to cigars, because of the greater difficulty of indulgence in them, for the reason stated. One rule should never be deviated from, and never can be infringed indeed without enervation and danger of sickness, namely, smoking before dinner. The empty stomach cannot endure tobacco. From this fact may be gathered the truth of its noxious effects on that organ, by the necessity which, in most persons exists, for repletion to obtund the power of the narcotic vapour. This, though not taken into it, unless acci-

dentally, or swallowed in bravado, still affects it by nervous sympathy and connexion, as entirely and as powerfully as if it was swallowed uniformly and thus brought into actual contact. A cigar or two after dinner, and one after supper, may be smoked with immunity from any very pernicious or at least very perceptibly hurtful effects, by those accustomed to smoking. But more than these I aver are exceedingly prejudicial to health, and sooner or later derange and weaken the stomach, and thus invite disease. To be frank, I am not so averse as some to this great moderation in smoking, though I believe many persons could not bear even this much with impunity. Having therefore shown myself unprejudiced by any unwarrantable bias against the practice, I trust the greater weight will be awarded to the opinion I now advance—that in whatever way used, tobacco is, always, and with almost all persons, more or less hurtful to the constitution. Those therefore, of my readers,

who have not become addicted to a practice of such questionable propriety and healthfulness to say the least, had better shun any trial of it in their own case, and rest satisfied with the anathema just pronounced against it.

CLOTHING.

This should be light and suitable to the climate, always wearing a cloth coat during night or early morning watches. On the subject of light, or as it is termed, *summer clothing*, I would respectfully and earnestly suggest to the honourable the secretary of the navy: the expediency, and even the necessity, of instituting a uniform of white jackets or coatees with navy buttons, or of thin blue worsted or cotton fabric, with the same buttons; for all officers who may choose to dress thinly in the West Indies. A cloth coat in day time, ought never to be insisted on in that climate. I am sure it is unhealthy to wear

such a garment. Wet clothes should never be worn half an hour after the opportunity occurs of changing them for dry: and when a change is made, by reason of rain, it should be thorough, even to the shirt and stockings. Any thing short of this, after the cataract rains of a tropical clime, will prove an insufficient safeguard. An officer who turns in with wet clothes after a watch, who might have avoided doing so, I would not say deserves, but certainly ought to expect, an attack of fever. Awnings ought to be *imperatively* directed during the rainy season, at all times when it is manifest the sailing of the ship would not be impeded thereby. Those who keep watch have a right to expect, that security against fever from this cause (and a fruitful one it is), will be insured them by such injunctions to commanders from the secretary of the navy, as shall not leave it further discretionary with them, (should they unhappily be of opinion that they are inutile, or in the way,) than merely as respects their

actual interference with the safe-sailing of the ship.

On the subject of flannel under vestments I have a word or two to say. There is some difference of opinion on the efficacy of a flannel shirt, as a constant garment, in a hot climate. Without entering the lists, to contest this point on one side or other, I would say to officers: pursue that course in respect of these garments, which experience has taught you promotes your comfort. Many persons cannot endure flannel next the skin in a tropical clime. Others assure the medical officer they cannot feel comfortable without them. The difficulty is therefore presented, which might be expected, of establishing any general rule on this point. Flannel *long habitually worn* next the skin, should be warily laid aside in the West Indies—yet even in this case, it may be both prudent and necessary to dispense with it. A cautious substitution of coarse muslin should for a few days be made. Perhaps this vestment may make

with the generality of officers, a permanent succedaneum for flannel, and the change be healthful. Whatever be the practice of clothing the skin in day time, I strenuously urge the putting on of a flannel shirt next to the skin, or outside the common shirt, during a rainy night watch. The medical officer on ship-board will be the fittest person to judge of particular cases which may render the use of flannel indispensable. But I should always advise, that if flannel be oppressive, it ought not to be worn. In this case a cotton under vest will answer the purpose. I recommend, whether flannel be worn or not, that all shirts for the West Indies, for officers, be made of shirting-muslin, instead of linen.

SLEEPING.

Never sleep on decks during the falling of dew, or without an awning. Sleep as cool as possible; but never in currents or draughts of air, as from windsails, or gun, or air ports, without a sufficiency of bed clothing

to protect the perspiratory functions of the skin, in its healthful operation. Checked perspiration will inevitably cause disease; and it is infinitely safer to sleep a little disagreeably warm, than to be exposed to the risk of arrested cuticular discharge.

The place selected for a hammock or cot, if tolerable, and found to agree with your health, which may be known by your turning-out refreshed, should never be needlessly changed. The system is peculiarly sensible to impressions made on it during sleep. For a man will take cold by sleeping, with his clothes on, even in summer, stretched on a couch, close along side the bed in which he is healthfully refreshed, when he repairs thither divested of them, and only slightly covered. It is vain to comment on the irreconcilableness of such facts, with reason and probability. The facts are indubitable and must be admitted. The practice, therefore of some officers, of sleeping occasionally on the gun deck, and then again in their state rooms,

is unwise and hurtful. No one can sleep in the dew in the West Indies, with reasonable expectation of immunity from consequent fever, any more than he could take the like rest exposed to the noon day sun there, with exemption from the endemic which would in both cases be apt to seize him. The prophylactic precept on this head with which I shall conclude these observations, is, sleep where and in such manner, that the office of the skin will neither be excited by a confined and heated atmosphere to excessive action, nor suppressed by draughts or currents of air, in its healthy transpiration.

RESTRICTION IN WATER.

As an "allowance" of water is one of the most vexatious discomfitures and inconveniences at sea, even when necessary, it should never be insisted on by commanders without the most urgent and even evident reason. In the West Indies, no crew nor no set of officers can ever be perfectly

healthy who are thus restricted. The free use of water for personal ablution and for drink, is one of the attainable comforts, within reach of every commander in any of our cruising squadrons in the West Indies. They are seldom more than one or two months at sea; and their vicinity to watering ports every where in the Gulf of Mexico and West India islands, can present no plausible excuse for a restriction unhealthy and vexatious. One of our most estimable and popular officers, commanding the Vincennes sloop of war, has recently returned from a cruise of three and a half years in the Pacific and in the China seas, without ever having placed his officers, nor I believe his crew, on an allowance of water!!! His adroitness in this management would alone earn him the highest meed of praise. This example is important, and is an affair of commendation by all his officers and men.* I trust re-

* There was not the least restriction in this respect, during the Brandywine's late cruise.

striction will never occur in the West Indies, vicinal as they are to each other, and the cruising ground being contiguous to Pensacola,* where an abundance of as fine water as ever was used in the ships of any navy is found. The partial ablution of the body by fresh water is a safer kind of bath in the West Indies for officers, than a general bath of sea water, unless that can be taken with a greater degree of circumspection and care than is within the practicable exercise of *all* officers. Hence is perceived an especial reason against unnecessary restriction in the use of water, which may at all times be replenished, and never unnecessarily expended, seeing that the master's daily account of the quantity on hand is a sufficient check.

TEMPERANCE IN DRINKING.

I am of opinion that young officers should drink nothing *habitually* but water—because I think water is decidedly the most

* See Pensacola, in Sequel.

conducive to vigorous health. But it is unnecessary to say any thing on this point additional to the observations set forth in the report which commences this little book. It may however be expected that something shall be said of the proper drink for older officers in the West Indies: and I therefore declare unhesitatingly, that brandy, or ardent spirit of any kind, is especially injurious to the constitution in that climate, and ought to be abolished from mess tables as pernicious and ungentle. White wines of any kind are too heating, and though they may be diluted with water in negus, are not less inadmissible. Porter is almost as bad as brandy. Claret-and-water is the only healthy drink for a warm climate, for those who must drink something. A difference of opinion exists as to the healthfulness of acid drinks, as lemonade, &c.; many contending they are hurtful, while others insist on their sanative effects. I would leave the decision of the question to the experience of individuals

who may be fond of them—inclining however myself to the idea that they are conducive to health moderately consumed. Great moderation in any stimulating drink is absolutely necessary. This is practised to a remarkable extent by the Spaniards of Cuba—a practice worthy of imitation in our navy. In this moderation consists the salutariness of the liquid aliment any where, but it is emphatically true under a West India sun. (See *Appendix*.)

TEMPERANCE IN EATING.

Nothing is more common than the idea that temperance consists in the mere abstinence from, or very moderate indulgence in, alcoholic spirits of any kind. I have heard men spoken of as perfectly temperate, who abstained indeed from improper indulgence in drink, but who gorged themselves by triurnal meals, if not quaternal, of the most enormous quantity and heterogeneous mixture, in which gross animal food and the

coarsest parts of fish constituted a great portion; nay, so habitually do people confine their ideas of temperance to a paucity of, or total abstinence from, stimulating drinks, that I have often known absolute gluttons and gourmands spoken of as temperate men; and what still more frequently happens, those think themselves temperate and are called so, who may not be prodigious feeders and who do not *habitually drink freely*, though they may be observed by those who mess with them and by others to whom unfortunately they expose themselves, to be ready on every opportune occasion, whether of guests at their own board, or of company at the table of their friends, to drink deeply of wine—in common parlance to become genteelly drunk, or in more common slang, to get “*swipy*”—Such men called temperate! How enormous is the error of this misnomer when applied to such extravagant tampering with due moderation! What habits! How brutalizing! How consumptive of all comfort;

how obliterating of all that is intellectual and refined ! How alluring to disease, especially in the West Indies ! How conflicting to the efforts of medical treatment when disease shall supervene ! How disgusting !!! There can be few epicures, (to use a word of well understood but perverted meaning,) on ship-board—the reason is obvious in the difficulties of gratifying the palate with delicate and deliciously cooked viands there. Even those who live in the cabin, will soon realize these difficulties should their *gout* have been pampered to the point of epicurean gastronomy on shore. But little cause therefore is seen to inveigh against the luxurious indulgence in the *scientifically* prepared dishes of Ude—and as those who are very nice in the choice of their food and squeamish in the selection or use of it for its quality, are, for the most part but small feeders : the appetite of such is far from being of the most pernicious order. On the other hand, inordinate and excessive repletion is not only practicable on

ship-board, but from the monotonous nature of a sea life itself, seems to be aptly fallen into and naturally encouraged: both by the sharp appetite the sea air induces in most people, and by reason of the leisure which is afforded for indulgence in a heavy, prolonged and indigestible repast. The indulgence therefore, often indeed the thoughtless indulgence, of a craving appetite—evidenced by the stowing away large quantities of flesh, fish and fowl, three times a day: is a degree of intemperance not less pernicious than that of deep drinking; and as fairly deserving, in my estimation, the character of a vice—a vice as pernicious to health, though it must be confessed not so certainly fraught with the moral infidelity to the dictates of honour, truth, decorum and pacific behaviour, as that of habitual intoxication. The difference is only perceived in the moral aspect of the comparison. But if I shall succeed in showing by common-sense induction from facts within the knowledge of every person who can understand, (and

who is there who cannot understand?) the ordinary process of digestion, the time it consumes, and the end it is intended to effect; if I shall succeed in showing that gluttony, or even excessive repletion, renders the system as liable to the invasion of tropical disease, as intemperate drinking: then shall I have hopes of presenting the injurious effects of gourmandizing, in their true light, by exhibiting the parity of consequences both produce on the physical health.

In order to show this, it may be observed that the powers of the stomach are severely taxed, when a huge quantity of animal food is subjected to its digestive function, *once* a day. Common usage has affixed the dinner as the meal appropriate to subjecting the organ in question to this tax, with the least injurious sequence, when much is consumed, and the most healthful effect when it is in due quantity. Suppose a full breakfast made up of a large quantity of animal food, have preceded this dinner,

in what condition does the latter meal, especially if excessive, find the organ destined to receive it? Either busily employed with its proper efforts to assimilate the breakfast: or supposing that entirely or nearly effected, fatigued with this function and requiring rest before it is again subjected to a still greater effort. Carry this idea a little further—suppose four hours after a heavy dinner, during which few persons are sufficiently guarded to replenish physical wants with discretion,—a supper is served up, of which again animal food forms a conspicuous proportion; and the same indulgence of the appetite leads to the consumption of more animal food: in what state of preparation can the stomach be now reasonably supposed, for the digestion of the third levy on its powers? Surely in any state but that of heathful preparation. Gorged, surely, with a load it can neither support, without oppressing the brain and inducing drowsiness, nor get rid of without sufficient time for the tardy

operation of its over-exerted digestive office. And four hours will surely not be deemed sufficient time for this purpose. No indeed, the whole ensuing night will be required for that purpose, even without the supper superadded—a proof of which may be found in the loaded tongue with which an excessive feeder rises in the morning; yet he goes again with greedy eyes and morbid craving, to another heavy breakfast, and so on in daily succession. Who can doubt that this intemperate eating is prejudicial, that reflects for one moment seriously upon the fact, that six or eight, or even ten hours, are requisite for the healthy function of digestion, under ordinary circumstances of health and vigor, with due exercise of body and mind? Who can look at the turgid and vapid eye; on the mere animal expression, (if any expression there be at all,) of the countenance; the distended and throbbing abdomen; the laborious respiration—of a glutton after his best meal, (I would say his worst,) to wit,

his dinner—and not acquiesce in the belief that all feeling of hilarity, all elasticity of intellect, all sprightliness of colloquial or thinking powers, all activity and energy of bodily exertion, I would add, all proper fitness for duty requiring any or all of these requisites—are swallowed up in “one fell swoop” of apoplectic animalization! Who is there so blind to the glaring connexion of cause and effect in all usual approaches of febrile disease, as not to perceive that he who shall be justly chargeable with the vice of intemperate eating, is precisely in that state of morbid excitement favourable to the inroad of a fever in the West Indies, which, whatever be its remote cause, (a point which need not now be considered) manifestly, and confessedly, finds a predisposing one in an undue state of excitement or heat of the system from whatever reason, or (what is near akin in its inviting effects,) a prostrated state of the powers of life by moral or physical causes, and an oppressed condition from those especially

just detailed. Suppose then an officer in the state of predisposition engendered by dietetic intemperance, allowing him to be wary in the use of drink, be called upon to perform arduous duty on a ship's upper deck, or in the tops exposed to the sun, or even between decks while the thermometer is at 86 or 90; what expectation has he, on which he can rationally calculate: what hopes can he have but in *mere chance*, that he will escape an attack of a fever, the seats of which are the stomach and the brain? the first so disastrously attacked in all violent cases, as to be the site of pain and irritation unceasingly from the onset, till black vomit and death consummate the common issue. Many, indeed contend, that the development of the gastric affection is requisite before the disease can be correctly denominated yellow fever. The brain, which as before said in the operose digestion of the intemperate feeder, is turgid and oppressed, and therefore ready for inflammation and congestion;—the brain is

always involved in the yellow fever, either sooner or later. Whatever other system of the body be, whether erroneously or correctly, I shall not here inquire, supposed affected in this fell fever—the hepatic, the cuticular, or the intestinal? are not these all necessarily removed from their healthy action, in the habitual glutton? Let him examine his eyes, for the jaundiced indication that the liver is not at ease; let him feel his skin to know how dry and hot and shrunken it is, during his outrageous impositions on the stomach; let him advert to the alvine torpor to know how acutely the bowels feel the inconsiderate duty he daily imposes on them; let him reflect how impossible it is for them to perform their office, under these insane requisitions without his repeatedly stimulating them by medicines—let him do all this, and reflect on the propitious state for fever he has brought himself to. These medicines he may call by the genteel epithet of peristaltic persuaders, dinner pills, sto-

machic tonics, purifiers of the blood, &c. &c.; but they are after all the lash to the back of the willing slave—the rowel in the flanks of the fleet steed—and sooner or later he assuredly will find the oppressed slave rendered stubborn and weakened past work—the fleet steed weary, faint, worn out, and stumbling. Too late will he find how unwise has been his exorbitancy; how irrational and inconsistent with nature’s laws, his expectations of what she can bear; how punctually and with interest she returns all trespasses on her harmonious functions; and how certainly she requites all pains inflicted on her by coarse appetites, with reprisals of disease and torment.

Let us for a moment pause to inquire for the satisfaction of those who may indulge in immoderate feeding under the mistaken notion that it promotes the vigor of the body and thereby repels disease, whether any facts of this kind are within the scope of ordinary experience? What rendered the Roman wrestlers athletic and susceptible

of the highest conceivable feats of muscular agility and power? They were fed upon figs; a fruit consisting of a saccharine matter and mucilage. What renders the negroes of the West Indies fat and vigorous during the preparation of sugar? They chiefly feed on the sugar cane. What produces the corporeal strength surpassing almost credibility, as the gift of human beings, of the south American Indians—and what enables them to endure the hardships of travelling on horseback with a celerity and a constancy not exceeded by the Arabs—and withal, what shields them during all this, from disease, in a climate especially subject to the same fever as the West India endemic? They feed on a small portion, daily, of jerked beef, a handful of *friholis* (black-beans) or the like quantity of coarsely pounded maize; while they drink nothing but water. What system of training is pursued by pugilists of the “*fancy*,” and by equestrian performers of the present day, to induce muscular vigor and activity, and corresponding health? They eat animal food *sparing*-

ly twice a day—always selecting the most nutritious kind—with stimulus *moderately* when in full exercise. The pedestrians of the “*fancy*” eat still less, and even more systematically. In a word, all persons who cultivate bodily vigor, find it conducive to strength to practise forbearance and self denial, when a sharp-set appetite and good viands tempt them to indulge. Since strength cannot then be expected from gluttony; since immunity from disease is not only not obtained from it, but the reverse; since sluggishness of the physical and inactivity of the moral system accompany it; and I must add, since the horrid ills of dyspepsy eventually supervene to its enjoyments, if such they be; and since indeed, premature superannuation and decrepitude inevitably follow (should apoplexy not perform an earlier office); since in truth a man is let down on the scale of manliness, degree by degree, till he reaches zero of inefficiency:—*where* remain the incitements to continue such gross and health-impairing habits? Let none therefore who desire to be truly

temperate believe they can warrantably be thus esteemed, unless moderation in viands as well as in the bowl, be consistently practised by them under all circumstances of temptation to irregularity. Temperance in fact is a word of comprehensive import, extending even far beyond the moderate supplying of physical wants. The indulgence of the passions, natural and moral, requires equal circumspection, if we would protect ourselves from disease and numerous disasters following the forgetfulness of this truth. Of the *natural* I would only make this passing remark: if precociousness be *invited* by *moral* weakness, the bodily enervation and mental imbecility consecutive to licentiousness of this kind, saps the essential spirit of maturity, from the very root and branch of manhood. To the health and strength of even the latter, excess is prostration and destruction. I proceed to show in what manner the moral system is connected with health; and how the control of its passions especially tends to preserve it.

MORAL CAUSES PREDISPOSING TO DISEASE.

If, to "*keep the body cool*"* be axiomatic for the preservation of health in a hot climate, as I believe it to be—there will be no difficulty in admitting, that whatever moral causes may invade this desirable state of corporeal temperature, should sedulously be set aside. The philosophic consideration of moral influences on bodily condition is not often attended to, even by medical men. Still less frequently is it adverted to by officers not of the profession; and it would be expecting more than what may reasonably be looked for from youth, to suppose the officers who constitute the grade of midshipmen should be acquainted with the subject, or familiar with the importance with which it is fraught. It is for those therefore that I chiefly make the observations following; and they are more earnestly presented to their reflection

from the conviction, that if their unfixed characters render them more liable to constitutional disturbance by intemperate passions, they are by reason of that unconfirmed state of moral feeling itself,—reclaimable.

“Laugh and grow fat” is a trite proverb founded like all proverbs in a close observance of truth. It may be construed, *be cheerful and you will be healthy*. No thinking physician can be asked the effect of churlishness and ill temper on the physical health, without corroborating by his opinion the truth; that they depress the powers of digestion, and render the liver torpid. This is more certainly their effect, because individuals who indulge in this perverse direction of the courtesies of life, do so for the most part continually—the unamiable disposition ever feeding itself. Thus a constant cause exists for interrupting the healthy performance of functions indispensable to the enjoyment of health, contentment and pleasure. A har-

monious intercourse between young men can never exist where a restraint is not properly placed and kept in action, on the irregularities of temper. If it be recollected that harmony might be promoted even by self love, few would be so unwise, as not to cultivate its cheery influence. This selfish gratification is evidenced by the increased healthful feeling and contentment produced in the generous bosoms of young men, when a frank and manly explanation, shall have reconciled them to any of their messmates with whom they have happened to have had a misunderstanding of a few days continuance. I do not pretend to give advice to young officers on the control of their moral deportment, with the unwise expectation, that the gushes of undisciplined feelings, the scintillations of anger or any more condemnable passion, can be prevented; by assuring them that all such turbulencies of the moral, are followed by corresponding disturbances in the physical system; because that would be to expect the

reflecting wisdom of mature manhood, of those who have scarcely passed from juvenescence. But I do hope to make some impression favourable to harmonious concert, in all the trying scenes of unselected gregations of youths, by assuring them that the observation of twenty-two years practice of my profession has assured me—that those are least liable to disease of the digestive functions who are tranquil and good tempered in their intercourse with the world. In the preceding observations on excessive feeding, it has been already shown how much an impaired or disordered state of the stomach and brain, are alluring to disease in a hot climate. It is therefore by indirect impressions that the bodily system is rendered susceptible of disease from the indulgence of the angry or depressing passions; and it is for this very reason that the predisposition to disease from any moral cause, is unnoticed by common observers, whilst it is by no means occult to the scrutiny of a physician.

There is a reciprocal generative influence of good temper and contentedness upon each other. This affords an additional motive for encouraging the former. A man ill at ease with himself, as every one is who is *out of temper*, cannot be contented with those around him. So true is this, that it cannot but have been observed even by very young men, that the ill-regulated disposition of an individual once excited to an unruffled state of mind with one associate with whom he may have had real or fancied cause of displeasure, quickly discovers a shade of the same discontent towards others of his associates whom he has no reason, fancied or real, to complain of. This begets coolness or personal distance in those conscious of inoffensive deportment; and naturally betrays itself by manner, if not more certainly by words. Additional fuel is thus added to the embryo flame about to appear in the malcontent, until the further vexation with himself and the original cause of his untowardness of

demeanour, fans it with so steady a blast, that a full-blaze fire of passion suddenly ensues. If it be true, as moralists have observed, that no man gets into a passion, however just the provocation, without regret, (a regret intense in proportion to his mind) and without giving his collected adversary the advantage of him; it is still more clearly true that no one of common mind, can yield to a fit of passion for which he has no adequate cause, without feeling ashamed of himself. Self-examination, and consequently self-crimination, invariably increase the vexation* with one's self, which in the first instance engendered the fault. The generous alone can relieve themselves of the oppresssive weight of this self-conviction, by frank acknowledgment of their error. All others remain peevish, perverse, and brooding over their foolish exposure of bad heartedness and ill temper to their associates, caused by ideal injuries, or at least inconsiderable trespass on their feelings. Can such be in that benevolent

state of feeling, denoted by the expressive word *contentment*? And if they be not, in how susceptible a state are they of disease, which never fails to find out the vulnerable and the unprepared! I have elsewhere remarked on the increased danger of fever by irascibility, that they are in, who indulge intemperately in ardent spirits. And I would only here confirm the injurious effects of such unhallowed course as that of habitual inebriety, by asking the common sense of every young man, what must be the predisposing condition of the malcontent just described, should he unhappily add to his habitual ill temper, the morose and maddening influence of drink?

But to recur to the consideration of *contentment* as a prophylactic of disease, in an unhealthy climate. It will require but little effort of reasoning to show, that perfect contentment, and the cheerfulness which discovers it, can only accompany good health. As in the case of the passions and this desirable state of mind,—

there is likewise a reciprocity of influence in begetting each other, between contentment and good health. I would caution young officers not to confound contentment with resignation. Near akin as they assuredly are, they are very distinct states of feeling. I will designate this discrepancy, lest it might be alleged that there may be ills on ship-board proceeding from causes to be presently supposed, under which no youth nor no man of spirit can, nor ought to be *contented*—though either may, without compromising his spirit or his honour, be *resigned* to such. This is the more especially requisite, as his public duty, which presupposes a suppression of private discomfiture for its just performance, may have so placed him, that he cannot for a time, release himself from his durance. But, supposing just cause to exist, (and hypothetically it may exist) by the conduct of superiors who have less wit than gasconade—less officer-like propriety than power—less courtesy and good breeding than self-will—

a lower grade of knowledge than station—supposing just cause to exist by the practice of ungentleness, and oppression in such, towards their official inferiors—it would be foolhardiness in the latter to “*kick against the pricks,*” while it would be a want of dignity and manliness to be *contented* in such a state. It is in cases like this, that moral resignation to ill treatment, and oppressive acts of littleness, should be encouraged, so long as injustice in the powerful shall not conceive, and tyranny execute—any serious trespass on personal honour, and the sacred rights of freemen in a state of military discipline. Even in the latter case, and we may suppose such a case, discretion will place the arrogant and the aggressive superior in so glaring a position of wrong, that the legitimate channels of redress cannot be closed, by any unwarrantable and unbecoming commission of any act, savouring of insubordination—chargeable to him who seeks it. In a prophylactic point of view, the resigna-

tion I instil, as officer-like and wise, will ensure a continuance of health. This would otherwise have been impaired or disturbed by yielding to that impassioned line of conduct which wanton stings of feeling might, and perhaps always would beget, should the sufferer act under the freshness of wounds, which the redressing laws and penalties of the navy alone can heal.

I confess I feel solicitous, nay, I conceive it a duty, since the subject is touched at all, to press its serious consideration, in all its bearings, on the minds of young officers. I consider all such as in an unsettled state of character; and as forming the professional worth by which they shall hereafter be useful to their country, and an honour to their kin—or, marring the high expectations of the one and the other, by supineness or bad habits. Whatever moral discipline their good sense and education may enable them to enforce on themselves—whatever of the generous and ennobling sentiments of honour and truth and chival-

ry, they may now imbibe, will tenaciously adhere to them for life. It requires nothing more than to call to their minds as proof of this remark, the proverbial tenacity and vividness of the pristine impressions of early years; and the staid deportment of manhood which, it is acknowledged, supervenes to the propriety of behaviour in youth.

Let all then closely observe the conduct of their official superiors, and recollect its impression on themselves, when their personal weal and happiness were in any wise dependent on that conduct; or their professional information and character in any degree involved by that dependence. They cannot too penetratingly look into, though they may too openly canvass, whatever of that conduct their good sense and honourable feelings cannot approve.* This they

* The cultivation of the moral character of its midshipmen, and the urbane and gentleman-like *surveillance* of their manners, characters, and studies, is vital to the welfare and valour of our Navy. Discipline

will consequently not wish to imitate, when in their turn they shall become the official superiors of others—and they will be well aware of the injudiciousness and impolicy of narrow-mindedness, by the early recollection of its vexatious influence on themselves. If really good-hearted and high-minded, they will, as superior officers, never be pitifully oppressive; having as official infe-

commenced under such protection and fatherly control, will be wholesome for the youth themselves, and promotive of their health and happiness, creditable to their commanders, and efficient for the country. Enforced with austerity and caprice, it can neither be wholesome, durable, nor wise. All midshipmen are gentlemen, till they prove themselves to have justly forfeited the catenation of high-minded and ennobling qualities necessarily supposed by that comprehensive, expressive, and therefore beautiful title. Whoever shall treat them otherwise than as such, acts, to say the least which can be said, most impolitically for his own character, and most unwisely for his country's good. I would hope there were no persons in the service who thus act without policy and wisdom. I certainly must wish there were none. I presume if there be any, that circumstance must be known; and if there be not, it must be considered a felicitous cause of gratulation.

riors been made keenly to feel, how unmanly and unofficer-like such mean exercise of authority is; and how truly subversive of the public interests vested in the guardianship of those endowed by mere office with such authority—is the unjust and tyrannical practice of power. If they have seen unwarrantable gusts of passion in superior officers, they will know how unhandsome a man appears thus clothed in gaudy attire covering ungoverned moral ugliness. Shall they have seen a superior officer yielding reprehensibly to the caprices of selfishness, the waywardness of ill temper, the folly of indecision—they will deprecate his irregularities; and in heart may disapprove of them; but, may never, consistently with their duty and the harmony of discipline, speak of them in any way but by the decorous expression of regret, and a secret determination to avoid in themselves what they cannot but deplore and blame in others above them who should have known and behaved better. Should

they witness in those to whom they should look up for good example, the train of ills and follies, of indiscretion and mispractice, or professional aberrations from straight forward duty, which deep drinking occasions—let them from this view shun the course which has led to a wreck of constitution and mind, and an imperfect execution of duty.

To receive and profit by this moral lesson, it is neither requisite nor becoming, that they should insubordinately inveigh against those beyond their reach; nor notice them by any other than the lawful course of correcting evil demeanor. The punishment of what is illegal or penal in itself, in the navy, is in the power only of the naval law. Error is not within the correction of the official inferior, but by the course that law designates. A strict adherence to these common sense precepts will preserve the equilibrium between mind and body, which, unbalanced, by young officers yielding to a different course, engenders discontent in the bosom. This produced, the

sluices of bad passions are quickly opened and away runs in a rapid current, the equanimity of temper which is recognised as consonant with, and preservative of good health. This will occur any where, but it will especially prove injurious in a climate where I have said all moral weaknesses are enhanced in their predisposing influence to disease. For my own part, so thoroughly convinced am I, that the moral discipline of those who are exposed to physical inroads on health by climate, duty, or fatigue, strengthens the constitution, and protects it under great straits of privation, teasing trial, and excessive exposure—that I am surprised this view of the subject is not more frequently presented by medical men, both for its sanative precepts, and its social beauty. If it shall have happened to any medical man to have seen discontent—galling, extensive, almost universal discontent; and if it have been given to him by nature, not to be unobserving of causes of whatever kind; and if it shall have, moreover, been professionally his

practice to study and to oppose the insinuation of moral predisposition into the precincts of bodily weakness, which combined, are prolific in attracting disease,—such medical man will doubtless feel the force and truth of these precepts—and if, peradventure, such professional observer may have been so unfortunate himself as to have felt the discontent, and known it just: he might be able, I should think, to declare that he had on more than one occasion, averted serious bodily disease, by perceiving its stealthy approach through the moral temperament, and interposed his advice accordingly. To medical officers, therefore, of any navy, I may appeal for a confirmation of the fact, that a want of contentment and consequent cheerfulness, has often furtively crept into the constitutional system, and opened a path for the sallies of disorder and disease. And to intelligent officers, not medical, of any navy, I confidently appeal for a corroboration of the opinion I now advance—that amongst the best prophylactics, is equanimity of mind and content-

edness. Though such officers may not have particularly directed their attention to the philosophic *rationale* of the fact, and consequently may not see *familiar* views in my reasoning; all such will, I trust, admit that the position is sustained by the explanatory observations I have made; and that *they* are neither sophistical nor without basis in truth.

I have advised a close scrutiny into the character, habits, and behaviour of superiors, with a view of shuning whatever in either may have been faulty; and with the further view of instilling becoming toleration of little vexations. I have done this under the supposition, that in our navy as well as in any other, examples of this kind may possibly be met with. But I have now a great satisfaction in encouraging this sharp peering into character, for a different reason—to emulate the dignity, the chivalrous virtue, the benevolent exercise of authority, the humanity, the discreet forbearance, the cultivation of mind, the good habits, the cavalier sincerity combined

with and enhancing the efficiency of courage, the fortitude and energy—necessary, in combination—to constitute a great naval commander. Such it is the pride of the American navy to boast—such that navy ought to wish ever to have reason to boast—such I sincerely hope you may ever have before you, to admire and to respect. Study such characters attentively—reflect on the manliness and high-mindedness which led, in due course, *such*, from your own grade to theirs. Examine, under their command on ship-board—for that station is the touch-stone of chivalric gentleness—examine under their command there, your own heart and feelings. You will find the one ratifies your judgment of what is expected in a naval commander: and the latter evince, by their cheerfulness, that the wholesome discipline of the service is so instituted, encouraged, and preserved in beauty and efficiency, under the direction of such a glorious leader, that it recognises no restraint on any reasonable man—it makes every gentleman feel him-

self one, because treated as one—it admits of no shade of displeasure—no reluctance in duty—in a word, no approximation to momentary displeasure : *because* CONSISTENCY and DUTY are the main springs of action in such a commander; and discipline, rigid, legal discipline—not oppression nor petty vexatious trifling with the feelings of the governed, nor wanton exercise of authority—is his *only object*. Of such a commander you will freely commune, for all conversation of him is encomiastic—must be encomiastic. In a ship ruled by such a captain, happiness and contentment pervades every section of its officers and crew. All being in the enjoyment of their just rights, receiving their equitable share of liberty on shore in foreign ports of interest and instruction—harmoniously combine to render such a ship effective, and invincible by any thing near though above her force. Because contentment and cheerfulness and consequent *health* reign there. Should any invasion of a disastrous epidemic ensue in an unhealthy climate, or a

fever engendered in the ship itself break out; a new source of admiration is presented to your view, in the observance of your respected and beloved commander. You will find him, soothing by his kindness, the sailor's sick cot, (at best a sad place compared with a sick chamber on shore,) *aiding by his humanity and co-operative efforts with his medical officers* the exercise of their skill; thus strengthening *their weak arm, at best, on ship-board*. Should one of his officers be ill, he will surrender his cabin and comforts to his accommodation. In health himself, he is not unmindful of what sickness is. Those sea-luxuries he cannot now endure to use, seeing how needful they are to another, (perhaps requisite to save his life,) he relinquishes with alacrity to the fever-stricken, comfortless officer. Feeling "another's woes," he smoothes the rough pillow of the husband, son, or brother, whose forlorn condition is aggravated by far, far distance from the wife, the parent, the sister, and the friend, whose tenderness and love would *soothe* at HOME,

though they could not *dispel* his aches. Should he die, (*die at sea!*) how consoling to such a commander, to say truly—*my* aid was not wanting to save your husband—your son—your brother!!!

GAMBLING.

I have sought in various parts of the preceding pages to exemplify the reciprocal relations of the moral with the physical and organic man. I have done this to show the rationality of attributing physical irregularity, disorder, disease, and infirmity, to moral predisposing and exciting causes. I have been the more earnest in presenting these views, because of the numberless temptations to, and opportune positions for, indulgence in moral divergence from the straight and sure path to health—which beset the *youth* especially, of the naval service. Buoyant in spirits, and reckless of unfelt danger in the exposure of health by the unnecessary trials of their constitution—

young men are usually sufficiently inconsiderate of the injurious tendency of tampering with strength, in reference to causes commonly admitted by them, on reflection, as well as by all persons, to be fruitful of disease. No wonder then that they do not penetrate beyond the usually received causes of this kind, into more intricate reflections on those of a moral complexion, which lurk about them in all their actions, and are set in motion by every impulse adequately powerful for such an issue. I shall endeavour to pursue the views alluded to somewhat farther, without however entering into metaphysical disquisitions, on the various and extended sympathies which exist between mind and body. This would but mar my intention. This intention has for its aim, here, the consideration of the health of midshipmen; and by explaining in a way to meet the perception of common sense—in how serious a manner it may be jeopardized by moral influences, excited into effective operation by the practice of gambling—a vicious practice, pursued, I

have understood, to a considerable extent in the Mediterranean—a species of dissipation of good name, of purse, of improvement, and as I hope to show of health, to which unfortunately there are but too many temptations on *all* our cruising stations. Until *monte, rouge et noir*, and *roulette* tables are banished from these, which can never be expected, nor accomplished by our influence, because they are in foreign countries—these temptations will exist. How then is their noxious effect on the morals, their sapping of the fiscal means, their destruction of the professional and general improvement, their subversion of the honour and integrity—of young officers, to be repudiated? The vigilance of our commanders, and they are not supine, is known to be inadequate to lessen, to suppress, or check altogether this deprecated evil. The excellent example known to be set by most if not all of the ward-room and cock-pit officers of our ships, and many, I am happy to hear and to believe, of the steerage, is acknowledged to be in-

sufficient for this purpose. I answer, by the surmise, whether sufficient penal regulations, emanating from the navy department, or any other constituted authority, and the subsequent manifestation by *severe examples* of the determination to enforce such punishment ever thereafter, may not be one feasible method? Another, in which the medical officers might be conspicuous, would be the steady, unrelaxed aim, to instil by reason and by illustration, the incontrovertible truth—that the health and mental efficiency, which has an exalted and noble profession for its field, are denied to the habitual gambler. This truth may be made clearly to appear by the well known inducement to deep or excessive drinking, gambling presents. This is however only an *additional* hurtful agent to the sanity of the constitution, to that which marvellously operates on the corporeal vigor through the medium of the impaired and wasted nervous energy, as well as by the gnawing effect of the intemperate pas-

sions inordinately excited in the habitual gamester. I have no design here to moralize on the viciousness of this detestable perversion of the energies of life from their natural and rational objects. The pulpit, the bar, the stage, and the intellectual fire and truth of gifted novelists,* afford and have exhibited in full and luxuriant cultivation, a field for this kind of animadversion and rebuke. It would be both profitless and out of place for me to endeavour to show young officers, the disrespectability and smirched honour which is the portion of those, who incur debts they cannot

* The young and as yet unconfirmed gambler who can read the racy scenes of the *hells* of London and Paris, in the fashionable novels of Bulwer, and not pause, shrink, and return from his demented course, must want sense to perceive their moral, or courage to accomplish that imperative denouncement of his gambling propensities, which would be inspired by what I should conceive would be his ejaculation—"down, down, devil!" Polham and Paul Clifford afford the most recent pictures, and therefore the most likely to be read, of a gamester's natural course.

pay to innkeepers and tradesmen in foreign ports, by the purse-engulfing practice in question. Neither is it necessary for me to take upon myself the ungracious office of reminding such as have thus had their honour and integrity stained by such a course and its inevitable consequences, as just glanced at—that every American officer, young or old, who thus, from necessity, I will admit—a necessity gambling has produced—leaves his debts abroad unpaid, leaves not only his individual honour and good name hypothecated with those who can have no sufficient reason to withhold his character from public reprehension; but that he inflicts, by thus leaving his honour and respectability behind him, (consequently coming away without either,) a wound on the credit and reputation of his countrymen. This view alone ought, in noble and high minded youth, to be all sufficient for inducing repudiation of a profitless and honour-consuming vice. But if I see no fitness in forcing these considera-

tions on the minds of young midshipmen, I cannot but see much that is becoming in pointing out by a summary estimate, the probable expenditure of intellectual and bodily vigor, which is consequent to an indulgence in courses of conduct exciting and keeping in a perpetual state of ebullition—the obstreperous, contentious, the ireful, and wasting passions of man.

“The object of moral philosophy,* is to ascertain the general rules of a wise and virtuous conduct in life, in so far as these rules may be discovered by the unassisted light of nature; that is, by an examination of the principles of the human constitution, and of the circumstances in which man is placed.” I have endeavoured to convince the class of officers for whose benefit these remarks are designed, (not by disquisitorial investigations of the complex *rationale* of the effect, but by assertive, yet I trust reasonable and intelligible expositions of that

* Mr. Stewart.

effect)—that imperfect health and continual susceptibility of disease are referable to *unduly excited passions*, as a *fruitful cause*. This connexion is neither mazy nor undefinable. It may be thus exemplified in relation to gambling. A youth of honourable feelings and fair integrity, hitherto unused to compromit the first or to involve the latter, by any licentiousness of behaviour, or any overt act of dishonesty, visits a gambling-house with those older than himself: and for that reason, as he naturally supposes, though as their example testifies he supposes incorrectly,—better able to judge of right and wrong. He does this after having been sufficiently long in port to have contracted a few justifiable debts at public-houses or with tradesmen, which his means in the purser's hands were sufficient to meet. Or perhaps he does this on the eve of sailing, never to return possibly, and with money in his pocket destined for defraying his necessary expenses and contracted debts. He ventures his chance on

a card or a turn of the *roulette*—his dollar is gone—again he tries, another is swept away; a third turn he tries and is a winner—stimulated by the *natural* excitement (I admit it) he ventures all he has; and all he has is whirled away! He borrows—and what he thus receives on trust, is also carried in the same vortex—he is depressed, chagrined—he drinks, *he* who perhaps never drank before, and *he* quarrels who never quarrelled before, first with himself, and next with others. His mind is excited and he loses his sleep. Day comes and finds him wretched. His watch ensues; perhaps bad weather renders it a watch of exposure. As he traverses the deck he ponders on his novel and awkward situation: his mind is distracted from his duty—his *whole mind* is not *there*. The ship is to sail—he applies to the purser for funds—is shown that he is overpaid by the necessary expenses of his mess-bill. The purser cannot advance, for perhaps his captain has, and properly, forbidden him in all

cases to do so. The youth cannot brook the idea of leaving his debts unanswered behind him. He endeavours to borrow from his messmates, and any or all would cheerfully lend if in their power, for he has been respected and beloved for his heretofore good conduct. But the folly of some has placed them in a similar situation with himself—others have lent him at the *hell* all they had to lend and *more*. The residue have no more than sufficient to discharge honourably their own dues. From applying to any of his friends in the ward-room, and *all correct midshipmen have ever the best of good friends there, shame* forbids him; and fear of refusal, his conduct being known to himself to be reprehensible, would deter him, if even conscious folly did not cause this emotion of shame. What is he to do? His fate is inevitable. He who would not one day before have defrauded any one of a farthing, and would have shrunk from the slightest just imputation of pecuniary faithlessness,

is *forced* now to leave his debts and his honor behind! Regret and discomfiture keep him a second night from sleeping, or allow it but in unrefreshing and imperfect snatches. His morning watch breaks off the last disturbed slumber. Again he is despondent and brooding over his lost integrity; and, as *a cause*, his impoverished purse—a self criminative examination follows. He justly attributes as a cause of that empty purse—his own folly. He has neither appetite for food, nor power to digest it. He prefers drink, is excited and dejected by turns; remorse ensues. Added to the indirect debility which supervenes in a degree corresponding to the excitement of wine and exhilaration of the passions at the gambling-table and thereafter,—is the depressing effect of wasted bodily powers unrestored by sleep. The climax of distress is consummated by the depressing consequences of compunction, regret, and remorse. All this I have said will be the effect on the unconfirmed gambler. More

or less of the picture resembles him who is *confirmed*. Tell me, ye who have seen these things in your messmates, or felt them in your own persons, is not the picture faithful? Suppose now this young gentleman to be ordered on boat or any other duty (for example, under a West India sun or one of its cataract rains)—in what condition is his system *now*, to resist the inroad of an unhealthy climate? Does not the question carry its answer along with it, to the entire satisfaction of every one who has entered into the catastrophe, step by step, as described? Will not the debilitated state of the system, from inanition, morbid vigilance, the depressing effect of moral causes, and perhaps inordinate and excessive stimulation resorted to for supporting the powers of life since food could not be relished,—render such an one a subject of fever? If it shall attack, where is the vigor of regular and good health to resist its morbid influence—where the “principle of the human constitution,” under “the circumstance in which this subject is

placed," sufficiently vigorous, or endowed with commensurate reaction, to dispel the deadly influence of a disease, which is often fatal when opposed by even good health and undisturbed moral constitution? The answer and the *denouement* is, I am persuaded, in the mind of every one of common sense, who reads the preceding picture of a midshipman's gambling. That answer points to *death* as the probable termination of an attack of fell and rapid fever, made under "such circumstances of man's situation," that no "principle of his constitution" could save him. His moral could not, for it is shaken and impaired. His physical could not, for it is debilitated by natural causes. The balance, the healthful balance between both being interrupted, the equipoise essential to beget restoration could not. The powers of medicine could not, for they have nothing but a wreck of organic sympathies and a previously interrupted or perhaps morbid chain of organic functions to aid them in their remediate efficacy.

The effect of gambling on the health, through the exasperated passions and emotions of the excited man, may be known by those who have never gambled for a penny, a pepper, corn, or a *pinch of the pocket*; and not only do not know one card from another, but have never played at even the most unseductive game of chance, for any thing but pastime. Let such but visit *hells*, as they are most significantly called, repeatedly and for hours together, as I have done,—let them there study the passions and their effects, by physiognomical development on the young and the old; the tyro in vice, and the confirmed in baseness: if they be medical men, let them the next day, or successive week, scrutinize the temperament of the individual who has lost his purse and his good name; (inevitably will those lose both sooner or later who resort to gaming,)—let the medical officer watch the workings of this young man's mind—listen if he shall be called up by duty, or shall from any other cause, pass

through the steerage frequently after the time of *turning in*; to the suspiratory broken slumbers of the soul-stricken youth; —let him do all this, and he will know that the picture drawn in the preceding pages, is faithful as well as striking. For my part, I would advise all midshipmen who have any regard for their character, or fame, or usefulness, to shun these places of vice and immorality, as they would the commission of a dishonourable or cowardly act, *if* they have reason to think their propensities run towards the rapid current of destruction, on the sandy borders of which, these *hells* are situated. But if any one be *sure* of his moral strength, I would then *invite* him to *repair thither* sufficiently often to witness their high wrought scenes of folly, of villainy, and of ruin. Let him do this with such of his older companions and friends, as are known never to gamble. When he does so, let it be known to the ward room officers that he visits such places. Some of them, perhaps may, but I trust, but few who

play—*see him there*. His open conduct will prove he has no cause of shame; and it will soon be known, that he does not game. I would not give a farthing for that moral virtue which has ignorance for its protection, and unexposure to temptation, for its preservation. Many a moral lesson to protect and preserve the purity of character, which should be an officer's highest boast, can be obtained—by the cool *spectators* of the full-speed gallop to a loss of money, of character, of fame, of pride, of health—made by those who gamble, and for the most part, as a consequence, who drink, and quarrel, and carouse.

If the tendency of this iniquitous course of behaviour, (so unofficer-like and unwise) be made in the preceding observations to appear subversive of regular health and happiness, and consequent contentment; and if all these have been seen in various parts of this work, to render immunity from the consequences of necessary exposure by duty in the naval service, probable—it is fair as

a corollary to say, that AN EFFICIENT PRO-PHYLACTIC OF DISEASE AND DISORDER, IS UPRIGHT MORAL Demeanor.

If the danger exist which has been set forth, to fever in a warm climate: no less hazardous a predisposition infests the constitution under similar circumstances, in the Mediterranean, or on any other station. The type of prevailing endemics there may differ, but the inviting causes of disease, of whatever kind, are similar in every sea, and under every sun.

MISCELLANEOUS OBSERVATIONS.

The endemic of the West India climate, is a fever of quick, unapprizing onset, alarming symptoms, and an issue of fatal celerity. Its causes are plural,—the sun, the dews, and the rains. It is all important for naval officers to remember this, since it will warn them, that a ship, while actually cruising, and avoiding ports, may be subject to the

unwelcome visitation of this fever.* While this questionless fact is calculated to create additional uneasiness in the minds of those cruising in that climate, to whom it is new; (since it proves immunity is not insured by keeping at sea) it ought to afford a corresponding degree of circumspection in commanders and officers, who may have been accustomed to couple hazard with the visiting of unhealthy ports. It should, however, not be unnoticed, that the danger is not so imminent while at sea, as while lying in port, simply from the *increased chances of exposure*, both by officers and

* To go no further back than the present season, during the past three months of which, a commander, a lieutenant, and two midshipment have perished in our squadron, from the Erie and Peacock sloops,—it may be mentioned, that neither the first lieutenant, nor the midshipman, (of the latter vessel,) had been ashore for some weeks before their sickness, and consequent speedy death. An English captain of one merchantman, and a boy on board of another, who died while the Brandywine was last at Havana, had not visited the shore.

† Since this note was in type, a gazette apprizes me of more melancholy information. See page 171.

men, to the *unhealthful consequences of the sun, the dew, and the rain*, by boating, and excessive exercise in the heat of the day, together with occasionally getting wet in the rain. Hence it is that a medical officer would, if discreet, and if consulted by the commander, advise as uninterrupted a continuance at sea as might be consistent with the public object of the cruising vessel. In giving such advice, his mind would not necessarily be tinctured with the repudiated notions of contagion. So few, however, are the medical men of education and experience in the world, at this time, who have any belief in the *contagion* of the fever in question, that the word would not have crept in here, coupled with yellow fever, even in its unrecognised influence of extending the disease; but for the purpose of intimating how useless an interdicted communication with the shore may be, in ports where the disease exists more or less, at all seasons of the year—*if* that non-intercourse be predicated on the idea of any infecting

germ being brought thence on ship-board, by whomsoever may have there contracted the fever. Admitting, then, the disconnection of that *bugbear*, contagion, from the opinions of intelligent physicians of the date of twenty-five years* standing,—it is but fair to say, it should not

* The school of Hosack, (I speak in common parlance in reference to that distinguished medical sectarian, not adverting to the institution in which he teaches,) the school of Hosack, the American contagionist, and I say this, though with satisfaction—not disparagingly of his talents—the school of contagion, is *no more!* I would not accuse its professor of tergiversation or lukewarmness, on his favourite theme,—for it was only last winter, that the pleasure I received by a lecture of that gentleman, was dashed by regret to find him still earnest in expounding the mysteries of that exploded dogma. The eloquence and the learning of that enthusiastic and unwearied teacher, are worthy of a more rational theme. To the genius of Rush, this country owes the enlightened views which gave the first impulse of declension to the subject in question. In the same school where he taught, the same opinions on this point are still upheld; and as long as the celebrated leading medical school of this country sustains this course, the revival of such illusive and untenable doctrines need not be feared.

reasonably be expected to be connected with the notions of commanders, who can have no more just ground for dissent from medical opinions, than a medical officer would have in canvassing and opposing the opinions of such commander, respecting the judicious stowage of the hold, with reference to its influence on the trim or sailing of the ship. Should this dissent from the opinion of the medical officer by a *practical* substitution of his own, lead any commander to the infringement of the rights and privileges of his officers—by any act imposing unwarrantable restraint on their liberty and *healthful* pastime—thus dispelling their contentment and cheerfulness, which we have seen are prophylactic of disease—it may indeed be an additional (and certainly a very unnecessary *additional*) proof of oligarchical control; but it cannot result thence, that such a self-directed appeal from the only officer the government or the laws of the service recognise, as competent by education and ability to adjust

points of this nature—is either delicate or proper, or even sanative (but *the reverse*) in its operation. A medical officer incompetent to decide such points, is not fit for a station begetting high responsibilities and requiring a corresponding respectability of professional character. It is fair to presume, that the constituted ruler of the naval service will never place any one deficient in this respectability, in a position requiring a degree of knowledge and just decision of mind on professional points, which no commander can possess. The confidence thus reposed in a medical officer, will be most uncourteously sapped in the estimation of the other officers of the ship, should the commander set aside those opinions, as invalid, useless, or unavailing. At least this might be the case, unless they perceived something in that commander which induced them to attribute the slight estimation of the medical officer's professional opinions, to a cause different from any real idea of their skillless import. In the one case,

the effect would be that of undervaluing the acumen or good sense of the medical officer,—in the other, that degree of paucity of acumen, and supposed absence of good sense, would recoil by imputation, on the commander. The course supposed, is therefore wrong, either way—injudicious in its principle and prejudicial to the service in its application. This is a course which may be imagined, and therefore its injustice and evil policy is set forth: but it will be, I sincerely hope, a course hereafter *less*, if it ever have been *much* pursued. Self-respect, I would hope, would discourage it with commanders,—self-respect, I feel, would impel medical officers to consider it indelicate, reprehensible and witless.

In noticing what may be the good-sense view of this subject, its effective tendency should not be passed by. A medical officer may believe communication with the shore in the unhealthy ports of an unhealthy *climate*, is neither riskful nor inexpedient.

If a reflecting man, he will view the consequences of what he might deem an unnecessary, nay useless non-intercourse, *in all its bearings*. He will, from the very nature of his education, and his habits of etiological research, be sufficiently aware of the probable causes of epidemics; and the fixed opinions of the profession on the subject of the causes of endemical disease of whatever character. His knowledge of the physical and moral constitution of man, will modify his reasoning and confirm his practice. His acquaintance with local circumstances on ship-board, will be enlisted by his mind, and superadded to whatever other knowledge he has just been said to possess—in the forming of any opinion on the point of the expediency or uselessness of restricting personal intercourse with shore. A thousand nameless considerations to the conspiring influence of which on the point he cannot but be sensible, if an observing man, will present themselves to his reflection. He will consider on the moral effect

of vexation, disappointment, and a feeling of oppression. He will know that frustration of rational pastime and exercise will induce the first; personal inconvenience by the deprivation of wants readily supplied on shore—the second; and infringed rights by unnecessarily circumscribed liberty, the last (though far from being *least* in value). He will know, that through the medium of this moral discomfiture, the physical system is rendered susceptible of disease in a degree far more dangerous, than by the influence of any supposed or assigned, but unreal cause of danger on shore. Such would be the deliberations of a medical man who ponderingly thinks before committing himself by any decisive assertion. Under these numerous converging lights on one point, he would have a focus centered by the power of ratiocination from which *an opinion* may fairly be supposed to emerge with the fire of judgment—not the heat of temper; the force of reason—not the spirit of caprice; the

cogency of professional wit—not the blusterings of selfishness; the mature consideration of mind—not the preconceived determination of prejudice and folly. Having thus formed an opinion, under the necessary degree of illumination from all the bearings of which it is susceptible; he would, if a man of proper feeling and of self-respect,—be inclined (as a man of such feeling will ever be,) to act with delicacy to others; and wishing, as a self-respecting man will wish, to think of all officially connected with him with the sentiments of respect due to their office—he would not only not desire to see his opinion inconsiderately impugned and foolishly disregarded; but would deeply deplore the conduct which rendered official respect impossible for such as had wantonly divorced him from his legitimate influence.

I would not wish to be polemical, but simply just, in these reflections. As they touch the rights of all the medical officers of the service; and are intrinsically concerned in the promotion of contentment and

cheerfulness and *therefore health*—whatever of pith they possess, results from my sincere desire to show the policy of substituting a sanative course of disciplinary discharge of high and important trusts, for whatever course foreign to this, may have been, or is now practised by any one on any station—possessing power from which there can be, for the time it lasts, no appeal.

One consideration, apart in spirit and in practice, from the preceding observations, suggests itself here: whether, admitting the justifiableness of an interdicted non-communication with West India ports, on *the avowed score of the danger of infecting the crew with yellow fever* by the to and fro passage of officers,—whether it be practicable to insure immunity by the measure in question, practised imperfectly after the manner to be presently supposed. To reply with any semblance of fairness to this question, it is indispensable to admit the truth of the doctrine of conta-

gion. For argument sake, therefore, I admit for the moment, (though I do not, as I have said, believe in,) the truth of this doctrine. This point conceded, I will ask what is the fundamental principle of that doctrine applied to the point in question? Is it not, that an individual who contracts the disease of yellow fever in one of the ports of the West Indies, either sickening on shore or soon after he repairs on board, communicates the same disease to healthy persons there; who, but for this contaminating cause, would have been exempt—and this supposed immunity too imagined to exist, no matter how injudiciously the crew may previously have been kept one or two hours working the great guns, when the thermometer was at 85 or 90; or exposed to the sun without an awning, or if boats' crews, in boats along side, or to his rays in any other way; or subjected to the heavy dews of night by sleeping uncovered about the open deck, and to deluging rains without subsequent

change of garment! The person thus affected, infects another, and so in succession, until perhaps a moiety of the officers and crew be attacked, and many carried off by death. I necessarily admit all this as likely to occur, when I concede the point of contagion. In making this concession by the way, it is deserving of a passing remark: that, though I can conjecture *how* many would not be infected who had no personal communication with either the first or subsequently sickened man; yet cannot I see at all, how the medical officers and their assistants and nurses are to escape, who must feel the pulses of the infected, and attend closely on their persons. But to recur (after this sidelong observation on the inconsistencies of a preposterous doctrine,) to the premises. I admit, (always for argument sake,) the possibility of one individual who has been on shore, infecting the ship with yellow fever. What kind of non-communication with the infected town on shore, must be instituted,

to avert this disaster? A partial non-intercourse? Absurd! May, for example, the commander and a companion or two repair thither; and one or two officers perhaps of the wardroom, and the midshipman of the commander's boat, which also returns for him, —*waits* for him. Shall these spend half the day in town, and be happily free from the danger of the pestiferous place, fraught with fell influence for the residue of the officers interdicted? Shall the visitants of shore return on board, again next day pass and re-pass thither, and not *communicate any disease*? Shall market and other boats be despatched on shore several times a day, or days in succession, and *immunity be secured by the commander's permission, to leave the ship*? Shall all this occur, “without our special wonder!!” And, if it does not all happen—if it is irrational to expect that it should—what becomes of contagion, or where the expediency of partial interdiction of liberty on shore? Of what character can that mind be, which

does not recognise the imperfection which would lead to so egregious a blunder in connecting cause with effect? What obtuseness must those have who, noticing the course such an imperfect mind would occasion, cannot yet fathom the futile reasons which operate as the mainspring of its actions?

If the duty of the ship shall require a single officer to visit the shore, say the purser, (and it will generally be that officer) the safety of the ship is precisely in as much danger from his visitation, as from that of twenty officers, if there be hazard from contagion at all. I will not admit that the chances of mischief are in the two instances as twenty to one: because, if the conspiring testimony of all the distinguished medical writers on the causes of the yellow fever are entitled to any credit; the running about in the sun on shore, thus becoming over-heated, with a subsequently checked perspiration, (perhaps by a shower of rain,) is one of the commonest of these

causes. Fear of the disease, with a corresponding depression of spirits are moral predisposing causes. Now, who that knows the nature of a purser's duty in foreign ports, will imagine he has either the time or the chance of quietly and coolly walking about town, seeking refuge from the vertical sun—as if sauntering like a party of pastime-seeking officers would do, without any other object than amusement? The purser is necessarily engaged in mind-engrossing and other distracting business—his duty requiring him to run from one merchant's comptinghouse to another; to the post-office; the wharves; the market; the hotel; the shops—to execute commissions for the interdicted officers,—backwards and forwards from one to the other. If alarmed by the bug-bear contagion, or if worried by any other alarm for his health, having folly or exaggerated rumour for its foundation, he will *hurry* to get away,—hence a depressing cause, predisposing to disease, is superadded to the other exciting influences, as detailed. There is

therefore, probably, more danger (unless his immunity be secured by long inuring) of *his* getting sick, than there will be for twenty officers who repair on shore with cheerfulness of mind, after the healthful operations of the bath and the toilet. By seeking the hours of the day least liable to expose them to the sun, (for heat is essential in the production of ardent or yellow fever)—by avoiding the dews of night—by keeping out of the rain—by rationally amusing themselves at theatres, (not irrationally at monte tables, &c.) by a sauntering promenade on the fashionable mall, where novel scenes of varied interest, pastime and improvement, give a zest to a foreigner's enjoyment, uniting, a gentle and discreet exercise of the body ;—and finally, by temperate indulgence in the refreshments suitable to a tropical clime, of which alone he will, if rational and unvi-
cious, partake, since all around accustomed to the climate, and acquainted with its requirements in this way, take nothing else:

by doing all this, hilarity and health are promoted ; and a return to duty ensues with renovated alacrity and strength.

Such innocent recreation should never be denied to officers, unless they should have forfeited their claims by previous debauches or excesses on shore. Nothing creates so much discontent, as the withholding the permission to change duty, and confinement on ship-board, for a few hours' pleasure on shore—nothing renders a commander more unpopular among his officers, and indeed justly so, than circumscribing their liberty without adequate cause. Little could emanate from the power of the commander which would induce so much moral predisposition to disease, or discourteous communication between himself and his officers.

The liberty of the shore, when duty does not interfere, is a franchise admitted by the regulations of the navy. No officer, young or old, ever expects it when his duty shall preclude its expediency. He is entitled to its benefit, therefore, until his

conduct shall have forfeited further right to receive it. Hence the rules and regulations of the navy point out how he shall be *punished*. Officers, young or old, never perceive the slightest infringement of this franchise, without a sense of its injustice—if deeply impaired, an officer will not indeed (from a just sense of self-respect, and what is due to the service by its prescribed discipline,) evidence disrespect to his superior officer for this, or betray any insubordinate discontent. He should not do this: he cannot lawfully do it. No wise or thinking officer would, therefore, attempt such a thing. But he would not the less feel the oppression on that account. Again I repeat, the health of officers, young and old, is promoted by ensuring their contentment and cheerfulness; and therefore a wise and gentle commander would never impose unwise or ungentle restrictions on those under his sway for the time being.

As far as my opinion is of any moment, there is no danger in visiting the shore when a ship enters a harbour of any West India

island. I form this opinion by the lights of etiology. The hazard would be no greater there than on board—unless the sojourner would imprudently expose himself to inconsiderate exercise in the sun—to the night dews, or the rains—or to intemperate eating or drinking or other vicious practices by which he might tamper with his health on board, as well as on shore, if so disposed. All officers should therefore be prudent on shore, in an especial degree—not lest they should, by getting sick infect their messmates and the crew; but to avoid getting sick themselves; and for morality sake and sake of their character as officers. They should be equally circumspect on board, if they wish to avoid fever, which I have already stated has often been produced in ships cruising in a tropical sea, though long from port.* The sad con-

* “Soldiers and others have been attacked and died of yellow fever before they landed in the West Indies, or could be exposed to the influence of land miasmata in any shape.” Dr. Fergusson.—*Johnson on Tropical Climates*, vol. 2, p. 217.

firmation of this fact which our squadron this year has presented, is not wanting to place commanders on the alert and render officers watchful.*

I attended in the summer of 1820 in Swanson-street of this city, the mate of a vessel from Cork, via the moro of Havana, where she laid off and on but for a few hours and but one person went to the city, for letters. *He* did not sicken. But the mate was taken as soon as the ship arrived near our navy yard, eight days from the moro. He had not been out of the ship after leaving Cork till he came *ill* to Philadelphia. He was taken with yellow fever in its highest grade. He died on the 3d day after I saw him which was in a few hours after being seized—with black vomit and hemorrhage from the eyes, mouth, gums and ears. Dr. Klapp the elder, hearing some alarm in Southwark, and accidentally seeing my gig at the door of the house where the patient had died a few hours before; I invited him to step in, and we found the hemorrhage had continued particularly from the ears, after *apparent* death.

* A letter from Pensacola, of the 12th Sept. states:—"The Peacock is the only vessel of the fleet on board of which much sickness has prevailed. I am sorry to say that two of her officers, Lieut. H., and a midshipman, died yesterday at the hospital. This ill-fated ship has lost, since the first appearance of fever on board, six officers, and about fifteen men." See note, p. 152.

IMMUNITY.

Reason would instruct us in the course to be pursued, to obtain that exemption from yellow fever which is founded on a knowledge of its causes, whether they be remote, predisposing, or exciting. This course has a far more extensive reach than at first view might be imagined. In pursuing it, the way is neither devious nor hypothetically suggested, nor difficult, nor impracticable. The programma may be drafted by the lights of geographical, meteorological, physical, medical, and moral knowledge—applied to etiology, in all the bearings they intrinsically, reciprocally, and sympathetically present; and that chart, like the mariner's, will point out to the executive controllers of naval arrangements, naval police, naval discipline, and naval operations—the true course to and distance from immunity. It embraces ship-building in reference to the wood materials, and the supposed preservative processes in use, in contemplation,

or on trial; and especially in regard to ventilation, and sufficiently commodious accommodations for officers. It embraces the internal police of ships, having in view the accomplishment of whatever ventilation they may be susceptible of by original construction or alteration; the avoidance (by discarding mistaken and health-sapping notions of cleanliness;) of all unnecessary and pernicious moisture in the fibres and ligneous vessels of the decks, which thus imbued, can never spontaneously become dry; in the preservation of a *perfectly pure* hold and well, if possible, but by all means the prevention of a *foul* hold, and when it shall occur so as to endanger life (of which the medical officer ought to be the judge) returning into port for breaking it out; the abstaining from unnecessarily working men at the great guns in the heat of the day, or on any unusually warm day at any hour; never sending wooding or watering parties, or boat's crews, on any *fatiguing* duty*

* A 9 or 10 o'clock night boat, to wait 15 minutes for officers, can never be this; commanders always have it.

before breakfast, nor after sunset, except in *extreme cases of necessity*, which by *bare possibility* might occur; the use of awnings as a screen against sun, and rain, and dew, to the upper deck, *even at sea*, day and night, when sailing may not be prevented, nor the safety of the ship be jeopardized by their general or partial use, and always having them on boats, to avoid the same noxious influence; the strict adherence to the prescribed changes of solid aliment, and never-ceasing vigilance against excesses with the liquid ration; great attention to the personal cleanliness and clothing of the crew, especially by the injunction of wearing *light* flannel shirts, which a common sailor cannot *safely be without during the rainy season*; and equal circumspection of his habits of changing his wet clothing before *turning in*; lastly, but *far from least* in importance to contentment, cheerfulness, and HEALTH—the preservation in its integral sanity, of the moral condition of officers and

crew, by instituting and preserving a steady plan of legal and efficient discipline, discarding all uncourteous exercise of power, all demonstrations of churlishness, or inconsistency, or favour, or selfishness, or caprice, or tergiversation, or oppression, or tyranny; and, in reference to officers particularly, all manifestation of discourteous and needless restriction of their acknowledged rights, privileges, improvement, recreation, or pleasure—in a word, by conforming to the letter and spirit of the 4th article of the chapter of regulations and instructions of the United States' naval service, which concerns "officers in general."*

The construction of ships used for the West India service, should be of the kind which admits of the freest circulation of

* "Every officer is to conduct himself with perfect respect to his *superiors*, and to show *every respect and attention to those under his orders*, having a due regard to their situation; and invariably to demean himself in every situation, so as to be an example of morality, regularity, and good order, to all persons attached to the naval service," &c.

air through all their apartments; and built of such well seasoned materials, that neither dampness can exude from the gradual exsiccation by time—(an exsiccation by the bye, scarcely to be expected in a launched or sea-going ship, if not originally built of seasoned timber,) nor pernicious moisture from any process used under the idea of its preservative effect on the scantling and ceiling. In the construction just noticed, a commodious wardroom and steerage, large hatchways and stern,* and air-ports, are the most important. In selecting the wood material—that should be carefully chosen which has been felled at the proper season to insure its facile seasoning; and which is known to have been subjected during the latter process, to judicious practice. Among the adventitious means of a preservative kind, (or rather of an imagined defending property) against dry-rot and ligneous decay, I would here only notice *salting*, be-

* Some of our sloops are without stern ports

cause the injection of coal tar or any other fluid with the object of preservation is not, fortunately, employed in our ship-building. I wish I could say the same of *salting*. Since I cannot do this, I hope to be excused by those distinguished and experienced officers who, from time to time, have hitherto and do now constitute the Board of Naval Commissioners, if I cannot but differ in opinion from all of them who advocate the process of salting ship's scantling; and have caused, and still cause the practice of that process with the intention and expectation of preserving ships from decay. If they shall be able to see any thing likely to afford a light on this subject, in the fact, that my studies and reflections have been for fifteen years past, successively directed to the anatomy, physiology and *diseases* and *decay* of vegetables: they will, I trust, perceive, that whatever opinions I may possess on the feasibility of preserving timber from dry-rot and decay by the process in question,

will not have been assumed by any postulatory ignorance or prejudice. If they shall further do me the justice to believe—which I know my motives in stating here my difference of opinion from them on the point referred to, warrants they should believe: if they will do me the justice, to believe that any suggestions, I may presently offer, emanate from a conscientious reliance on their validity, and an earnest desire to promote the health of the Navy, so far as that, in my opinion, may depend on the *dryness* of its ships—I shall be much pleased. If I shall not be able to satisfy their minds, that the process of salting is unavailing in the preservation of ship timber, (as of course I cannot expect to do by the assertive opinions which in this little book is all I have room to give)—I trust at least they will see probability, (and expect from me, if I write at all, on the health of the Navy, to show the reason of that probability) in my opinion, that the especial dampness of most of our salted

ships, is owing to that process; and therefore, even if the preservative effect of salting be admitted, yet the damp state of the scantling, which it causes, (and I hope to show how,) being prejudicial to health—it ought henceforth to be abandoned.

I am decidedly of the opinion, that salting does not preserve the timber; and without entering in this little book, into a scientific disquisition on the reasons derived from vegetable anatomy, physiology, disease and decay, why it should not reasonably, or consistently with the facts of all these, be expected to have such preservative efficacy—I will assume the ground of experiment, as it is laid before me, by the condition of such of our ships as have been subjected to this process, even to a great extent. This ground I will present by interrogatively soliciting of those who know these points better than I can be expected to know them, of the commissioners themselves—whether the salted vessels have required less essential and expensive re-

pairs after a few years' sea use, than they formerly did, in an assumed, but equal time of service, before the salting was used? If my information be correct, they have needed and received repairs equal in kind and in expense to those required formerly or now required, by unsalted ships, which have been tried by a parity of sea service, and continuance *in ordinary*. If my information be not correct, the documents of the commissioners' office will speedily show my error.

I will concede this point however, (for argument sake,) and having thus admitted that ships scantling *is* preserved by the practice of salting, the ships being thus rendered more durable, I shall proceed to another interrogatory which may be satisfactorily answered affirmatively or negatively, (and the truth is all I want) by all officers who have sailed in salted ships. Are they not damper than ships in which they have sailed, which were not subjected to this process? Is there not of late years

more complaint of "*damp ships*" than at a period anterior to the introduction of the process in question, in ship-building? Have not the medical officers in many instances, referred the unusual sickness of crews to "dampness?" (I do not say they have referred that dampness to the salt) The medical officers can set me right if I err on this point. If then the observing of unusual moisture in most of our public vessels, (especially in those above sloops) is contemporaneous with, or proximately subsequent to the general introduction of the practice of salting in ship-building, may it not reasonably and with more than a *semblance* of probability—be attributive to this practice? How could the salt (charging it for a moment with the certainty of such sequence,) how could it accomplish that humid state of the scantling? I answer, both by the susceptibility it presents of dissolution, partial and general, induced by the moist atmosphere of the sea, the effect of rain, percolating through unseen

channels, and the water used in washing decks and clothing, seeking naturally, and finding effectually, similar sources of ingress to the concealed chambers of the scantling? In proportion to the moist site of the ship's cruising, whether, for example, in a humid climate as the Mediterranean, or one liable to frequent and heavy rains and dews, as the West Indies, or during winter in our own—will be the solving state of the salt. A further additional cause of this solution arises from the supposable circumstance of the ship being, technically, a bad sea-boat, ever taking in water in rough weather or when sailing fast, and also from too frequent washing, and with too much water—the decks of the ship cruising in such humid places, or even laid up in *ordinary* in similar moist seasons and climates. Should the salt, in the process of this dissolution from its solid state, become decomposed, a circumstance by no means improbable, the gases evolved during this decomposition, would

be neither conducive to health by pervading the confined apartments of the ship, nor favourable to the soundness of the wood of which it is constructed. The chemical results of such decomposition render the latter conjecture probable.

Admitting the production of moisture in a ship from this process and its consequences, or supposing it to exist *from any cause*, what will be its influence on the officers, and crew? No medical man who has ever been six months at sea, and during that time in a *wet ship* (from her peculiarity of sailing) or during wet weather in a *dry sea boat*, will be able to deny the pernicious effect of the dampness on the human constitution; for it pervades every part of the ship with its subtle vapour, the bedding and clothing included. Sickness of some kind, is the usual sequence of such weather, especially if the season be a cold and damp one, or if the climate be favourable to the generation of heated moisture in confined places. Even on shore, humid apartments of houses

in damp situations are proverbially unhealthful, and *always productive of disease*. How much more fruitful a cause of bad health and disease, must humidity prove on ship-board, where the circumambient atmosphere is moist, the ship itself being inherently damp (from any cause) or adventitiously damp by unjudiciously wetting the decks in moist weather without subsequently drying them by stoves; and when a necessary exposure of the officers and crew frequently happens, to searching mists, dews, and heavy tropical rains. Whatever therefore promotes this damp condition of a ship, should be avoided, if good health and exemption from diarrhœa, dysentery, rheumatism, ship fever and yellow fever, are desirable objects of attainment in the West Indies. If I have rendered it probable that salting aids in producing a state of humidity so incompatible with health, and opposed to immunity from the endemic tropical fever (which unhappily has swept away numerous officers of our navy who were justly es-

teemed its pride and ornament)—I hope my sentiments on the subject will at least have the effect of directing some competent persons to test their validity, or prove them unfounded in reason, in experience, in fact. There is one more point worth notice here: a point touched incidentally by me, because I am not prepared to offer an opinion on it, namely, that the practice of salting ships has been “reported” in the British Navy, “to have damaged the stores, particularly the powder.” (See Appendix.) Should this prove to be the fact, on further inquiry, why may not it have similar consequences in our own service, should the practice become more general, or should *more salt* be used than hitherto has been the case? On all views of the subject, its further investigation is, in my opinion, expedient. I conclude these remarks by an observation I shall assume as *a maxim*—that a *dry* ship will, under any but very rare and extraordinary circumstances, *be a healthy one* in any climate. This observation does not

originate with me, but my experience and observation and reason all conspire to assure me of its truth. I need not fear contradiction when I assert as a fact proved by experience and the coinciding testimony of medical men, in our own and foreign services, that a *damp ship cannot be a healthy one under any circumstances.**

* The Brandywine has always been a sickly ship—she is confessedly a damp one. She is highly salted also. During her cruise of three years in the Pacific, she had constantly a heavy sick list—and lost upwards of forty of her company. From the 4th of February to the 7th of July following, 1830, the number of admissions on the sick list was,

| | |
|---|----|
| Received from Naval Hospital, Pensacola | 17 |
| from Erie sloop | 2 |

| | |
|-------|-----|
| Total | 488 |
|-------|-----|

| | |
|--|-----|
| Cured | 454 |
| Transferred July 10th to Naval Hospital, Gos- } port, including 17 from Pensacola Hospital, } | 26 |
| Died (<i>one at New York before the cruise</i>) | 8 |

488

Admitted on sick list at Hampton Roads, 7th of July—7.

In addition to these 7; (of whom 1 in consumption from

In addition to this *dry* state of the ship, and all the prophylactic courses detailed in

hæmoptisis,† died the 9th) the disturbance of the foul air in the hold after her arrival at Gosport navy yard from Hampton Roads, caused six more to sicken, (see report of July 15th, Appendix) of whom one, a carpenter's yecoman, sent to the hospital the same day he was taken, died the 3d day thereafter, making a total of ten deaths from among the crew, in exactly five months. The number of 488 admitted, of course comprises every ailment of officers or crew, however trifling, for which they were admitted on the sick list. But of this aggregate number were a great proportion of cases of typhoid, pneumonia, scarlet fever, low fever of tertian and quartan types, diarrhœa and rheumatism, diseases generated by dampness. When this dampness became a heated moisture, as it soon did in the West Indies, the cases of fever were of extremely dangerous aspect, and the pneumonic, and anguine affection general, and excessively distressing and difficult to manage. Sore throat running to rapid ulceration, with dejected spirits and low state of the system, accompanied, more or less, all the cases. I attribute the sickly condition of this ship in her late cruise *chiefly* to an unpropitious winter, (see Appendix) producing first, inflammatory, catarrhal and pneumonic affections, aggravated by the dampness of the ship mentioned, a foul hold and lower apart-

† The leader of the band, an interesting and excellent man—and one much respected.

the preceding pages, something of immunity may be attained for ships' companies, and for officers, by prudence in manning ships destined for a warm climate; and by officers determining to avoid as much as possible the arrival there in an unprepared state of the system. This is to be effected by adopting all practicable means, by the constituted authority, of avoiding a sudden transfer of northern constitutions to the West Indies, especially from northern ports and in winter. Transition from a frigid or intemperate climate, to one of torrid character, should be as gradual as possible. The interposition, therefore, of a clime of

ments, a bilged well, and perhaps to some other causes not now necessary to be mentioned; and to a sudden transition to the influence of a tropical clime on northern constitutions peculiarly predisposed to suffer from such climate, by reason of a previous exposure to a very severe winter. Had the Brandywine continued two or three months longer in the West Indies, I have no doubt that the yellow fever would have made sad havoc amid her crew and officers. Such a damp, ill ventilated and wet ship, should not again be sent thither.

midway temperature should be practised, if possible. I would recommend that all men shipped for the West Indies, should be immediately sent to Norfolk, and there kept until sent to sea. This should be at a period to meet the coolest and healthiest seasons of the West Indies. Officers should be particularly cautious in their dress, their habits, shunning unnecessary exposure to the sun, the rains, the dews, and avoiding fatigue, or a debauch,* after arriving in the

* "Drunkenness, or any debauch, will often give a fever, which in less than 48 hours terminates in the death of the patient."—*Lind on Preserving Health in Hot Climates*, p. 178.

"As drunkenness, in a moral point of view, leads to every vice; so, in a medical point of view, it accelerates the attack, and renders more difficult the cure of every disease, more particularly the disease of hot climates; because it has a specific effect, I may say, on those organs to which the deleterious influence of climate is peculiarly directed."—*Johnson on Tropical Hygiene*, vol. ii. p. 310.

"A fever, attended with all the symptoms which are held characteristic of yellow fever, may, in hot climates, be brought on by intemperance, great fatigue after be-

West Indies. They should especially practise *every species of temperance*, and put a guard on their moral temperament, to preserve it from aberration or depression. In proportion as they continue their habits of prudence, self-denial, and temperance, will be their safety while they continue there. Let them recollect that "to avoid the stronger exciting causes of yellow fever, is,

ing overheated by the sun's rays, sudden diminution of temperature, violent agitations of the mind, and other causes, which are known to be capable of exciting fever in all countries: to this sporadic fever Creoles are subject, though in less violent degrees than Europeans; for no *length of residence* in any climate, can be supposed to exempt one from the operation of such causes." —*Bancroft on Yellow Fever*, p. 185.

"There is no situation, even here, (a hot climate) where a stranger may not obviate, in a great measure, the most dangerous effects of the now climate, by a strict observance of two fundamental rules—*temperance* and *coolness*. The latter, indeed, includes the former; and, simple as it may appear, it is in reality, the grand principle of inter-tropical-hygiene, which must ever be kept in view, and regulate all our measures for the preservation of health." —*Johnson on Tropical Diseases*, vol. ii p. 287.

in a great extent, to escape the disease.”* It is impossible to be too careful on the first approach of northern constitutions, to a tropical clime—it is conducive to health to continue the care thus just begun, steadily and consistently. It must be recollected, that immunity does not amount to, nor must it be confounded with, insusceptibility. The latter rarely is the lot of any but natives, or long residents. Even the first attack, though not fatal, does by no means assure the subject of it, of future insusceptibility in seasons of unusual ripeness of this fever. It may be consolatory for officers of all grades, to know, that though *insusceptibility* can scarcely be said ever to be attainable by any course of man’s art, still their own discretion and habits may render the disease, when it shall attack, comparatively mild and manageable. While those who are at all seriously seized, perish if their habits are bad, and their prudence equally defective.

* Johnson on Tropical Diseases.

PENSACOLA.

In noticing the abundance of water at this place, which I understand keeps uncommonly well at sea, (page 99,) it occurred to me to offer a word on what I cannot but deem a subject of great importance to our Navy—the salubrity of this harbour. It is not for me to speak of the natural advantages of Pensacola as a fit site for a permanent naval *depot*. The magnificent sheet of water, which constitutes the Bay of Pensacola, affording a safe and sufficiently spacious harbour for the combined fleets of the world, together with its geographical points of defence, have been the subject of commendation by some of the experienced and distinguished officers of our Navy. It is only with reference to the healthfulness of such a climate as that part of West Florida, that I would here wish to make an observation. It is all-important, as must be self evident, to the efficiency of our West India squadron, that a salubrious rendezvous for our ships during the hurricane months,

should be selected. I have seen nothing in the topographical view of the environs of Pensacola, and the shores of its Bay, in reference to its healthfulness; and can conceive of nothing, from the nature of its soil and vegetation (which I attentively examined)—which could impress any one with any but the most favourable idea of its salubrious requisites. The hospital, now occupied by the Navy, on the elevated ground of cantonment Clinch, is most beautifully situated,—the small *bayou* or creek which leads to the foot of the hill on which it stands healthfully elevated above, and sufficiently distant from the water, affords an easy water carriage for invalids to the hospital. It is close to the margin of this *bayou* that the inexhaustible spring of delicious water is located—a water remarkable for its enduring purity on ship-board. The climate of this part of West Florida is not only unexceptionable, but perhaps is as fine as any in the world. The abundance of game, of fish, and the cheapness of living, cannot but attract the attention of any one

who visits Pensacola. But it is only in reference to its fitness for a hospital establishment that I here have thought fit to add mine, to the general testimony of medical officers who have visited it, in its favour.

The crew of the Brandywine continued sickly, until we arrived at this place. Here the list first decreased *essentially*. The rainy season had commenced while we were at Vera Cruz, and this rendering the ship still more damp, the typhoid pneumonia, which had been prevailing during the whole cruise, still infected her. Notwithstanding the sun was so hot in the gulf of Mexico, that the men who washed clothes ashore at Sacrificio, had their backs burnt and blistered—the dampness still continued. A rain-storm at Tampico added to this dampness, and several were taken ill, among whom was one of the gig's crew. He was seized with a fever which terminated fatally on our arrival at Pensacola. Here, however, all the other sick mended, by the dryness and purity of the atmosphere.

APPENDIX.

A.

*Brandywine, near Sandy Hook,
March 10, 1830.*

SIR,

This ship being about to proceed to sea for the West India station, under circumstances peculiarly predisposing to ill health, from previous unavoidable exposure to a winter of great severity—a winter characterized by inclement weather of unusual duration—I have thought proper to state, in a summary view, the nature of these circumstances. I have done so that I might submit to your consideration under the advantage you possess, which I do not, of knowing the nature of the cruise we may be now destined to perform, such observations as appear to me to render it a hazard of lives and sacrifice of health of no ordinary kind, should she be continued in the West Indies, cruising longer than the latter part of June or beginning of July ensuing. This hazard, and this sacrifice, there is, in my view, a reasonable prospect of averting, should the cruise be curtailed to that period.

You are aware of the fact, that a season of greater severity, and more uninterrupted intense cold, with, latterly, occasional transitions to a humid state of the air, and searching rainy and snowy days—has seldom been witnessed in even our vacillating and intemperate climate. There are predisposing causes to disease, necessarily incident to the collecting of a crew for any large ship, under ordinary states of the weather, in which the season prevailing consequently assists with its due effect. In the present case, superadded to these,

R

we have experienced a more extended influence of a morbid kind, from the inclemency, and its duration, already mentioned. When the crew was transferred, the whole nearly, I might indeed, from information derived from my assistants, say actually the whole had heavy colds; the succeeding day presented a sick list of *fifteen*, the first subjects seriously indisposed, taken on the list for this affection. The weather continuing to increase in severity, caused this number to be augmented in one week, to *forty*; and after the lapse of a few days more, a further increase to *fifty-eight*. With two or three exceptions, all of these were afflicted with the diseases arising from intense and continued cold; such as frosted hands, fingers, toes and feet*—chilblains, pleurisies, pneumonic affections, &c. Some cases of scarlet fever occurred among the officers and men. One midshipman, Mr. H., and five men with scarlet fever, were sent to the naval hospital, for the indispensable benefit of fire and other comforts. One of the assistant surgeons was ill, and is still unable, though convalescent by the comforts of your cabin, to perform duty. The other suffered among the first who were sick, and does still, from chilblains brought on by cold *between decks* while on duty. Midshipman Hayward was dangerously ill of a pneumonic fever, which, during the intrusion of the damp weather, assumed the typhoid type. He is still critically situated, his convalescence being very slow. Both he and Midshipman Williamson owe, the former, as I think, his life, and the latter certainly his speedy convalescence from a dangerous attack of scarlet fever, to the prompt and kind surrender of your cabin with a fire, for their accommodation; and I feel assured, if Capt. English, of the marines, (left at Brooklyn) shall recover from the prostration of scarlet fever for which I sent him on shore, it will have been owing chiefly to that timely removal from a ship which could not have been preserved more

* Many of those still suffer.

healthy, by any means I know of, usual in ships of war, during the prevalence of such unwonted causes of disease.

Since the last violent snow storm, which succeeded a day or two of mild weather, the list, notwithstanding your return, on my report, of sixteen invalids to the receiving ship under care of the surgeon of the yard, has continued at 35, 45, and 57; the first being the minimum, the last the maximum, of its numerical state.

In addition to the subjects composing these lists, numerous applicants with slighter catarrhal affections, have been prescribed for, but not permitted to swell the lists. In short, I consider the whole crew as having suffered, and as now suffering, more or less, from the causes noticed, and their unavoidable exposure to them. Several of the older midshipmen now do duty, though scarce fit for it, owing to colds and chilblains; and seven of them are now on the sick list. Hence, (the weather being still intensely cold) I consider the crew of this ship *especially predisposed* to suffer by the transition from a climate, exhibiting such an immediate pre-existing low range of the thermometer, with its unhealthy consequences, to one where its range is at 80° to 96°, and commonly even exceeding that standard. The longer they are kept in such a climate, operating not only by the usual effect of transition, but by the *superadded predisposition* to tropical disease from preceding exposure to, and suffering from, excessive cold, —the greater will be the danger. If, besides this necessary continuance there, the period of such tropical cruising shall verge on, or actually reach into, the season most favourable to the fatal endemic disease of the West Indies, I cannot withhold the opinion—that a disastrous* result of the cruise will most probably attend

* Note now added. The U. S. frigate *Macedonian*, which became sickly at Havana in 1822, lost by the time her hold was broke out at Cranoy Island near Hampton Roads, 102 of her crew and officers. The

its termination. Even till the end of June or beginning of July, should your instructions sanction it, I would strenuously advise the continuance at sea as much as may be possible, shunning, when necessary to go into port, that especially of Havana and others notoriously unhealthy to northern constitutions.

Whatever importance you may attach to the opinions herein advanced, I request you to excuse this voluntary submission of them to your notice, and to refer their expression to my anxiety for the health and safety of your officers and crew.

I am, &c. &c.

WILLIAM P. C. BARTON.

TO CAPT. BALLARD.

B.

*U. S. Ship Brandywine,
March 9th, 1830.*

SIR,—On the morning after the crew was transferred from the receiving vessel to this ship, 15 persons were admitted on the sick list, and the weather becoming still more severe, from that time, the number of

sickness appeared in the last of May. She had been precisely similarly situated with the Brandywine—having had much sickness from an intemperate winter, at Boston, previous to the cruise. That my apprehensions were well grounded will appear from the fact, that a Spanish ship of the line which had recently arrived at Havana, and lay close to us, (in the last of June) with a crew sickly by previous exposure to cold, had upwards of 100 cases of fever on board—and by the public prints it has been since reported (perhaps untruly) that she lost 200 of her crew from this cause. The Winchester frigate, (relief flag,) which had just arrived from England, lost several officers and supernumerary officers, at Port Royal, Jamaica—and when anchored close to us was in a sickly state, and lost many from the same state of unassimilation of a crew, shortly before exposed to a winter in the climate of England.

sick rapidly increased, so that within a week it amounted to upwards of 40, and after the lapse of a few days more, 57 persons were reported unfit for duty. With two or three exceptions, all of them were afflicted with diseases arising from cold—such as diarrhœa, chilblains, pleurisy, pneumonia and cynancho tonsillaris. A few cases of scarlet fever occurred, and most of the individuals affected by it were removed to the naval hospital. The intensity of the cold was such, that neither fire nor clothing was sufficient to protect the body from its injurious effects—and persons whose duties were below, and never required them to be on deck day or night, became affected with chilblains and other complaints. The typhoid fever, with which Mr. C. Hayward has been confined for three weeks, I can only account for, by attributing it to exposure to the same cause—excessive cold. Among those who have been sick is myself, having been one of the first affected—and at this time my feet are covered with chilblains. Yours, sincerely,

DR. BARTON.

G. H. B. HORNER.

Sir,—Having been engaged in the treatment of all the cases of disease that occurred at the time abovementioned, on board the *Brandywine*, I feel it a duty to add my testimony to the statement given by Dr. Horner.

DR. BARTON.

HENRY S. COULTER.

C.

(EXTRACTS.)

Brandywine, Hampton Roads, July 7th, 1830.

To the Honourable the Secretary of the Navy.

SIR,—I have the honour to transmit at the end of our late cruise, in conformity with the naval regulations, a list of all the sick on board the *Brandywine*, since her outfit at New York to the present time; their rank, age, diseases, cure, transfer to the hospital, or death.

I have not had a single case of what has usually been termed *yellow fever*; but have lost two men, with fever induced by the climate;* viz. one who died off St. Domingo, on the 18th March, and the other at Pensacola, on the 19th of June; their diseases having terminated, in the first instance on the third day, and in the second on the ninth day. I consider the deaths of the remaining six to have been owing primarily to disease contracted during the severe weather at New York, where, indeed, one of them died. This leads me to observe that, as I had anticipated, there has been much suffering among the crew, owing to their previous unavoidable exposure at New York, to intense cold and the diseases it produced; and, as a sequence especially unusual of these, I have had five cases of hæmoptisis, or rupture of blood vessels of the lungs; one of whom was Lieutenant U. Of these five, one has terminated fatally by what is *commonly* called galloping consumption, and a second, the leader of the band, is in a situation not likely to end differently. (He died. See p. 186.)

It is my duty to state to you that the ship has been in the main a sickly one till within a few weeks past; the sick list having become essentially reduced after our arrival in the salubrious climate of Pensacola. But the illness alluded to has been chiefly confined to the crew. I venture the opinion that the general health of the ward-room and steerage, although there has been some indisposition there, has been much promoted and preserved by prophylactic medicine and attention; having acted myself, under the belief, that a surgeon may do much by anticipating disease, and by timely advice, averting it.

D.

Brandywine, 15 July, 1830.

SIR,—I feel it my duty to state to you, that I am apprehensive of much sickness in this ship. There has

* These cases would have been called yellow fever by some, but they wanted the gastric affection of that disease.

never been but a short period during which a low state of fever has not prevailed since we left New York. Five cases have been admitted since yesterday morning of fever—Dr. Horner, the boatswain, and purser's steward, having been taken sick this morning. There is, beyond doubt in my mind, a cause or causes for this, in the ship's hold and apartments beneath the berth deck. That hundreds have been quickly seized and died, on breaking the foul holds of ships is well known; and I have every reason to fear disaster from that process in this ship. Besides this, the region in which we now are has been and is very sickly of a malignant sore throat,* arguing an unpropitious atmosphere. It may be that my fears may prove groundless, and I hope so—yet I cannot feel that I should act right were I not to apprise you of my present impressions. I deem it therefore but reasonable prudence, that the stores of the ship should be continued to be removed until all are away—the residue of the crew after paying off to-day, transferred to some other ship in the harbour—the

* Note now appended.—I had been informed by my old friend the venerable Dr. Barraud and by Dr. Selden, of Norfolk, that this disease was very rife, and in many cases disastrous. The first gentleman informed me soon after our arrival from Havana, at Gosport, that several had died in thirty-six hours from the commencement of the attack. The opinion of these two gentlemen I have much reason to respect. The benefit I received from their professional advice and conversation when, at the age of twenty-one years, I had charge of the medical department of the frigate United States in sickly seasons, will never be forgotten by me. Whatever of useful experience in the treatment of fevers of a warm climate I may have acquired during twenty-two years which have elapsed since that period, is chiefly owing to the first right impulse by the kind and professional direction thus given my mind and practice.

officers of all classes permitted to go elsewhere to live—and a free ventilation of the ship be made, leaving all hatches open, together with fires lighted below—That no attempt be made in less than one week to break the hold, and when done that it be by persons relieved every hour.

I am, &c.

WM. P. C. BARTON.

TO CAPTAIN BALLARD,
U. S. Ship Brandywine.

E.

Extracts. To the Hon. the Secretary of the Navy.

Norfolk, (Virginia,) July 20th, 1830

* * * * Desirous to render to the service what benefit I might be able, during the past cruise, particularly in reference to the West India duty—a duty seriously requiring every species of care from the surgeon, and the most willing co-operation in the commander, by reason of the unquestionable jeopardy of life it produces in all who belong to our public vessels there, I directed my close attention to whatever might give me information. As I suffered no opportunity to pass by, but eagerly sought all medical and commanding foreign officers, merchants, and others, who could give me the result of their experience, I feel assured that this, with my own observation, will enable me to give some useful hints of the climate and what it requires in those who visit it on duty,—what it requires in ship-building,—what of medical officers,—and above all, what of commanders of ships; to insure reasonable comfort and contentment, among their officers and men, and the probable safety of the whole, under its intense and continued heat, its cataract rains, and heavy dews. The risks of life and exposure of officers and crews ordered to the West India station, are so manifest, as in the Spanish Navy to entitle all officers on it to double pay; and in the British service to earn them as on the coast of Africa, and the East Indies, an increased pay and rapid promotion. In addition to this, a cruise in the

West Indies, in both the British and Spanish services, of whatever duration, is held equivalent to double one elsewhere, in point of time.

Of the advantages of the extensive and majestic harbour of Pensacola, *in point of healthfulness*, as a naval site or depot, and the salubrious situation of the cantonment, (now naval) hospital, I would wish to hint for the present, that it is worth the attention of the department. Nature has not done more for any harbour in the world in reference to the object hinted at. It would seem that the live oak of that region is by no means of such tardy growth as generally supposed. The *younger forests* of this tree are worth the notice of the department.

On the subject of salting ships, my own mind is satisfied. That the preservative powers of the process is problematical, may safely be said. That it creates dampness is certain. That dampness is unhealthy, is well known. That the Brandywine, (highly salted,) is a damp ship, is certain and acknowledged. The department may know whether she has ever been a healthy one. That humidity inherent from this cause is likely to be increased by adventitious moisture introduced by too much wetting the gun, and even spar-decks, is reasonable. That there have been internal causes for an unusual continuance of low type in all the cases of acute disease, or chronic, which have occurred on board that ship, I am satisfied. Perhaps they are tangiblo. Under these impressions, I felt it my duty to avert the evil I apprehended from her foulness, by the report of the fifteenth inst. a copy of which accompanies this. The effect of the consequent evacuation of the ship, was that the disease, for want of subjects, was arrested. Yet, to show the danger which was impending, I need only state the following facts: one of the men, a carpenter's yeoman, who lived continually below the berth deck, and who was sent to the hospital the day before that report, died there in three days. Dr. Horner, who accompanied him to the hospital, was taken sick on ship-board, next day, (the cockpit being foul, and its inhabitants looking cadaverous

and wasted in flesh.) I sent him on shore in half an hour after I saw him sick, and he has narrowly escaped from a very critical ship fever. His illness has detained me till this time, being unwilling to leave him. He is now much reduced in strength, but as he is able to travel, I leave here to-morrow for home, having been myself three days much indisposed with a slight attack of the same fever. I have received a letter yesterday, from lieutenant Cocke, who went up James river to his home, the day before yesterday, stating that he is taken with low fever, and asking advice. He states also that Mr. Howison, the master, was indisposed on his passage, in the same way. These were among the last officers, on duty, on board. The boatswain has gone to New York this morning, in a weak state. Several of the holders have been much injured in constitution, and one went to the hospital. These results satisfy me, that I was right in apprehending evil.

Respectfully, &c.

WM. P. C. BARTON.

F.

Philadelphia, Oct. 2, 1830.

DEAR SIR,

In answer to your note, requesting my opinion of the Brandywine, as related to the health of her crew during the last cruise, I will state that she was considered, by those with whom I conversed on the subject, uncommonly damp, and I know she was an unhealthy ship. The atmosphere within her was always loaded with moisture; and clothes, furniture, surgical instruments and medicines, were much injured.

For the unusual dampness of this ship, we may account variously: and some may suppose it was caused by the air resting upon the sea, holding suspended a great quantity of aqueous vapour; but from its excess, I do not think her dampness should be attributed to this fact. Whenever the sea ran high, it is well known to you she rolled and pitched heavily, and took in floods

of water, which made and kept the gun deck constantly, and the birth deck frequently, as wet as when washed. Something of her extreme dampness may have been owing to sea air; and perhaps to her having been thoroughly salted, when built; but I think it should be attributed, mainly, to her taking in so much water; and not being so constructed as to permit the admission of currents of air, and drying by ventilation.

The unhealthiness of the crew must have been, principally, caused by this excessive dampness, and the very foul condition of the hold.

Yours, sincerely,

G. R. B. HORNER.

To DR. W. P. C. BARTON.

G.

Brandywine, Havana, April 17, 1830.

SIR,—I greet you most respectfully.

May I take the liberty of requesting an answer to the following queries.

1st. What means are now taken by the Admiralty, to preserve their newly built vessels of war from the dry rot?

2d. How long has the salting of vessels been practised in ship-building in the Royal Dockyards of his Britannic Majesty? What is the effect of this practice on the duration of ships? and on the health of crews? and have the ships been supposed to have been kept damp by this process?

3d. How long has the practice of using coal tar on the scantling and beams been laid aside, in the British navy? and was it supposed injurious to the health of crews?

I avail myself of this opportunity of tendering my expression of high consideration and respect.

WM. P. C. BARTON.

To ADMIRAL SIR CHARLES FLEMING,
*Commander-in-Chief of the British Naval Forces
in the West Indies.*

Open,

(By Captain Ballard.)

H.

Barham, Havana, April 19, 1830.

SIR,

I regret very much that it is not in my power so fully to answer your questions as to make them worth your attending to; but on my return to England, I will take care to send you full replies to your queries, extracted from the public offices, under cover to the British Ambassador, at Washington.

The practice of salting ships' frames was never general in the British navy: it has, however, been tried on many occasions, and in different modes—I do not believe it ever injured the health of the crew, although it is reported to have damaged the stores, and particularly the powder—in those ships where the ceilings have been salted.

Coal tar has been injected very generally into all the ships, for twenty years past, till about three years ago, when it was discontinued, from an opinion which I consider to be well grounded, of its being hurtful to the health of the crew—neither do I think that it preserves the wood more than any other fluid injected into the pores, by which the natural sap is ejected—the stench is intolerable; and the filth collected in the hold very great; several ships have been sent home from this country, from being sickly, which was attributed to this use of coal tar. The Shannon frigate, now on the West India station, has been much inconvenienced by having undergone this process: quantities of putrid coal tar have been daily bailed up from that ship's hold, which I have caused to be cleared twice in one year, that she has been from England; and she has generally been unhealthy. The same inconvenience has been experienced in the Ranger; but from her having been much at sea, and less on this part of the station, her crew have not suffered in the same proportion. This ship, when built as a line of battle ship, was saturated with coal tar—but when cut down and repaired four years ago, that practice was not repeated. Neverthe-

less, although she was more than a year open in dock, the smell is often, in warm and damp weather, very oppressive, and often disagreeable: but I cannot say it has at all interfered with the health of the crew, as they have been particularly healthy since they have been in the West Indies, although very much the contrary before they left England.

I am, Sir, your most obedient,
Humble servant,
FLEMING

TO WILLIAM P. C. BARTON, ESQ.
Surgeon, Brandywine.

I.

"Captain MURRAY, R. N. mentioned to Dr. A. COMBE, that, in his opinion, most of the bad effects of the climate of the West Indies might be avoided by care and attention to clothing; and so satisfied was he on this point, that he had petitioned to be sent there in preference to the North American station, and had no reason to regret the change. The measures which he adopted and their effects, are detailed in the following interesting and instructive letter:

"Assynt, April 22, 1827.

MY DEAR SIR,

"I should have written to you before this, had I not been anxious to refer to some memorandums, which I could not do before my return home from Coul. I attribute the great good health enjoyed by the crew of his Majesty's ship Valorous, when on the West India station, during the period I had the honor of commanding her, to the following causes, 1st, To the keeping the ship perfectly *dry* and *clean*; 2dly, To habituating the men to the wearing of flannel *next* the *skin*; 3dly, To the precaution I adopted, of giving each man a proportion of his allowance of cocoa *before* he left the ship in the *morning*, either for the purpose of watering, or any other duty he might be sent upon; and, 4thly, To the cheerfulness of the crew.

"The Valorous sailed from Plymouth on the 24th December, 1823, having just returned from the coast of Labrador and Newfoundland, where she had been stationed two years, the crew, including officers, amounting to 150 men. I had ordered the purser to draw two pairs of flannel drawers, and two shirts extra for each man, as soon as I knew that our destination was the West Indies; and, on our sailing, I issued two of each to every man and boy in the ship, making the officers of each division responsible for the men of their respective divisions wearing these flannels during the day and night; and, at the regular morning nine o'clock musters, I inspected the crew personally; for you can hardly conceive the difficulty I have had in *forcing* some of the men to use flannel at first; although I never yet knew one who did not, from choice, adhere to it, when once fairly adopted. The only precaution after this, was to *see* that in bad weather, the watch, when relieved, did not turn in in their wet clothes, which the young hands were apt to do, if not looked after; and their flannels were shifted every Sunday.

"Whenever fresh beef and vegetables could be procured at the contract price, they were always issued in preference to salt provision. Lime juice was issued whenever the men had been fourteen days on ship's provisions; and the crew took their meals on the main deck, except in very bad weather.

"The quarter and main decks were scrubbed with sand and water, and wet holy stones, every morning at daylight. The lower deck, cock-pit, and storerooms were scrubbed every day after breakfast, with dry holy stones and hot sand, until quite *white*, the sand being carefully swept up, and thrown overboard. The pump-well was also swabbed out dry, and then scrubbed with holy stones and hot sand; and here, as well as in every part of the ship which was liable to damp, Brodie stoves were constantly used, until every appearance of humidity vanished. The lower deck and cock-pit were washed once every week in dry wea-

ther; but Brodiestoves were constantly kept burning in them, until they were quite dry again.

"The hammocks were piped up, and in the nettings, from 7 A. M. until dusk, when the men of each watch took down their hammocks alternately, by which means, only one-half of the hammocks being down at a time, the 'tween decks were not so crowded, and the watch relieved was sure of turning into a dry bed on going below. The bedding was aired every week, once at least. The men were not permitted to go on shore in the heat of the sun, or where there was a probability of their getting *spirituous liquors*; but all hands were indulged with a run on shore, when out of reach of such temptation.

"I was employed on the coast of Caraccas, the West India Islands, and Gulf of Mexico; and, in course of service, I visited Trinidad, Margarita, Cocha, Cumana, Nueva Barcelona, Laguira, Porto Cabello, and Maracaibo, on the coast of Caraccas; all the West India Islands, from Tobago to Cuba, both inclusive; as also, Caracao and Aruba, and several of those places repeatedly: also to Vera Cruz and Tampico, in the Gulf of Mexico, which you will admit must have given a trial to the constitutions of my men, after two years amongst the icebergs of the Labrador, without an intervening summer between that icy coast and the coast of Caraccas; yet I arrived in England on June 24th, without having buried a single man or officer belonging to the ship, or indeed having a single man on the sick list; from which I am satisfied that a *dry* ship will always be a healthy one in any climate. When in command of the Recruit of 18 guns, in the year 1809, I was sent to Vera Cruz, where I found the —46, the —42, the —18, and — gun brig; we were joined by the —36, and the —18. During the period we remained at anchor (from 8 to 10 weeks), the three frigates, lost from 30 to 50 men each, the brigs 16 to 18, the — most of her crew, with two different commanders; yet the Recruit, although moored in the middle of the squadron, and constant intercourse held with the other

ships, did not lose a man, and had none sick. Now, as some of these ships had been as long in the West Indies as the Recruit, we cannot attribute her singularly healthy state to *seasoning*, nor can I to superior cleanliness, because even the breeches of the carronades, and all the pins, were polished bright in both — and —, which was not the case with the Recruit. Perhaps her healthy state may be attributed to cheerfulness in the men; to my never allowing them to go on shore in the morning, on an empty stomach; to the use of dry sand and holy-stone for the ship; to never working them in the sun; perhaps to accident. Were I asked my opinion, I would say that I firmly believe that cheerfulness contributes more to keep a ship's company healthy, than any precaution that can be adopted; and that with this attainment, combined with the precautions I have mentioned, I should sail for the West Indies, with as little anxiety as I would for any other station. My Valorous fellows were as cheerful a set as I ever saw collected together."

K.

"When we change our native and temperate skies of Europe for the torrid zone, many of us may find, when it is too late, that we can hardly attend too strictly to the quantity and quality of our food, during the period of assimilation, at least, to the new climate; and that a due regulation of this important non-natural will turn out a powerful engine in the preservation of health."

"Breakfasts, among Europeans, are often productive of more injury than dinners, especially where fish, eggs, ham, &c. are devoured without mercy, as not unfrequently happens. Many a nauseous dose of medicine have I been obliged to swallow, from indulging too freely in these articles; but I saw my error before it was too late. Most people suppose, that as a good appetite in the morning is a sign of health, so they can-

not do sufficient honour to the breakfast table; but the stomach, though it may relish, is seldom equal to the digestion of such alimentary substances as those alluded to, where a sound night's rest has hardly ever been procured. I have seen the most unequivocal bad effects from heavy breakfasts, in others, as well as in my own person; and I shall relate one instance that may well serve as a drawback upon the pleasures of a luxurious *déjeunée* in the East. Mr. B—— Purser of a frigate, a gentleman well known on the station, was as determined a *bon vivant* as ever I had the honour of being acquainted with.—“*De mortuis nil nisi verum.*” He certainly had possessed a most excellent constitution; for I have seen it perform prodigies and falsify the most confident medical prognostications! He had served many years in the West Indies, where he passed through the usual ordeals of yellow fever, dysentery, &c. with *eclat*; and he came to the East, with the most sovereign contempt for every maxim of the Hygeian goddess! Although he never neglected, even by accident, his daily and nightly libations, to the rosy god, yet no sportsman on the Caledonian mountains, could do more justice to a Highland breakfast than he. Indeed, he rarely went to sea, without an ample private stock of epicurean provender; and I have seen him thrown into a violent paroxysm of rage, on finding that two nice looking hams, which he had purchased in China, resisted all attacks of the knife, in consequence of a certain *ligneous* principle, which “FUKKI” had contrived to substitute, with admirable dexterity, for the more savoury fibres of the porker! The items of the last breakfast which he made, minuted on the spot by a German surgeon who attended him, are now before me. The prominent articles were, four hard-boiled eggs, two dried fishes, two plates of rice, with chillies, condiments, and a proportionate allowance of bread, butter, coffee, &c. Many a time had I seen him indulge in this kind of fare with perfect impunity; but all things have an end, and this proved his final breakfast! He was almost immediately taken ill, and continued

several days in the greatest agony imaginable! Notwithstanding all the efforts of the surgeon, no passage downwards could ever be procured till a few hours before his death, when mortification relaxed all strictures. Let the fate of the dead prove a warning to the living."

"The newly arrived European should content himself with plain breakfasts of bread and butter, with tea or coffee; and avoid indulging in meat, fish, eggs or buttered toast. The latter often occasions rancidity, with nausea at the stomach, and increases the secretion of bile, already in excess.

"A limited indulgence in fruits during the first year, is prudent. Although I myself never had any reason to believe that they actually occasioned dysentery, yet, where the intestines are *already* in an irritable state, from irregular or vitiated secretions of bile, they certainly tend to increase that irritability, and consequently *predispose* to the complaint in question. Particular kinds of fruit, too, have peculiar effects on certain constitutions. Thus *mangoes* have something stimulating and heating in them, of a terebinthinate nature, which not seldom brings out a plentiful crop of pustules, or even boils, on the unseasoned European. A patient of mine, who died from the irritation of an eruption of this kind, had been much addicted to an unrestrained indulgence in fruit, particularly mangoes;—indeed their effect in this way is familiarly known in India. Neither is pine apple, (though very delicious,) the safest fruit to make too free with at first. Good ripe shaddocks are very grateful in hot weather, from their subacid and cooling juice, so well adapted to allay the unpleasant sensation of thirst. Plantains and bananas are wholesome and nutritious, especially when frittered. The spices and condiments of the country, as I before hinted, should be reserved for those ulterior periods of our residence in hot climates, when the tone of the constitution is lowered, and the stomach participates in the general relaxation. They are then safe and salutary"—*Johnson on Tropical Hygiene. Vol. 2. p. —. Chap. Food.*

L.

20TH CONGRESS, 2D SESSION.

*Congress of the United States,
in the House of Representatives,*

February 25, 1829.

Resolved, That the Secretary of the Navy be instructed to require three of the Medical Officers of the Navy, whom he shall designate, to report to him their opinions, separately, whether it is necessary or expedient, that "distilled spirits" should constitute a part of the rations allowed to Midshipmen; and, also, their opinion of the effect upon the morals and health of the individuals, and upon the discipline and character of the Navy, should each Midshipman use the quantity of distilled spirits, which now, by law, constitutes a part of the daily ration; and that the Secretary transmit such reports to this House at the next session of Congress, together with his own opinion of the expediency of substituting some other article in the rations supplied by Government.

Attest.

Mw. ST. CLAIR CLARKE,
Clerk Ho. Rep. U. S.

M.

Navy Department, 25 May, 1829.

SIR,

I enclose a copy of a resolution of the House of Representatives of the 25th February, 1829, instructing the Secretary of the Navy "to require three of the Medical Officers of the Navy, whom he shall designate, to report to him their opinions, separately, whether it is necessary or expedient, that 'distilled spirits' should constitute a part of the rations allowed to Midshipmen."

In compliance with this resolution I have designated you as one of the Medical Officers, and request your opinion, as early as may be convenient, that I may

transmit a report on the subject at the next session of Congress.

I am, respectfully, &c.

JN. BRANCH.

Dr. WM. P. C. BARTON,
Surgeon U. S. Navy, Philadelphia.

N.

*United States' Navy Yard,
Gosport, October 6th, 1830.*

DEAR SIR,

In reply to the inquiries contained in your letter of the 1st instant, I have to state—that the hold of the frigate *Brandywine* was broken up in toto, and as you may suppose was found to be in a very filthy condition—for I think you and others told me, that it had not been entirely emptied for the last five years—it is now as clean as it can be made.

I was extremely apprehensive that some disagreeable consequences might result from breaking up the hold of the *Brandywine* at the season that it was required to be done, and I therefore kept three bellows constantly going during the whole operation, and to them I attribute our good fortune in the escape from the consequences that probably would have followed.

Having no authority to change the arrangements of a ship's hatchies, those of the *Brandywine* remain as heretofore, but some of her bulk-heads have been moved a little, by which means she is in some parts of her accommodations made more comfortable.

I am, dear Sir, very respectfully,

Your obedient servant,

JAMES BARRON.

Dr. WM. P. C. BARTON, Surg. U. S. Navy.

NOTE.—This was the impression of the officers. I *knew* nothing on the point but from hearsay, never having passed a thought on the subject, till we arrived

off St. Domingo, where the heat acting upon the dampness of the ship (which I had from the first moment of joining her to sleep on board been convinced was of no ordinary degree even for winter and wet weather) rendered the foulness perceptible—and the smell from the spirit-room offensive. I could not but perceive alarming symptoms in all the cases of sickness, even at Sandy Hook. Of these the anginous affection, the malignant aspect of the sore-throat, the *low* type of the fever, and the bad physiognomies, were striking. Hence I wrote to Captain Ballard, (with whom I also had freely and confidentially conversed on the state of the ship) the report from Sandy Hook. (Appendix No. A.) This report I believe he, with very proper regard to the prospective result of the cruise, transmitted to the Department before we sailed. Should the return of the Brandywine before the worst period of the West India endemic, have been owing to the course pursued by me, as was my duty, and by Captain Ballard, as was his, the Secretary of the Navy may have the satisfaction of knowing that it is my fixed opinion, and the opinion too of my medical assistants, that he probably saved by that recall, a repetition of the awful mortality of officers and crew (102 aggregatively) which devastated the Macedonian frigate at Havana and Hampton Roads, in 1822. I early directed, in my professional and of course confidential intercourse with Doctors Coulter and Horner, their attention to the typhoid aspect of the cases referred to. When three men died within an hour or two of each other, even officers who are the last men in the world to think of danger, could not but perceive ground for what I could no longer conceal from them,—my solicitude for the future safety of the majority of the crew. My messmates, the passengers, and the other officers, were the continual subjects of close scrutiny and prophylactic advice and care. Convinced by the time we arrived in Havana, in my own mind, that the hold was *foul*, and the bilgo water prejudicially offensive, I was no longer surprised at the continual sickness, while the Falmouth, Grampus, and Shark were perfectly healthy. The sentries, in the forward

passages, after a guard of two hours, were successively attacked, reporting to me for aid, *directly* after their relief—and some were taken ill on guard. This I reported to Captain Ballard, and they were thenceforward stationed on the berth deck by the fore passage. The holders were the most sickly looking beings I ever saw on ship-board—several were taken ill. The chloride of lime was used in the hold and the well—but I regret to say was of no use in correcting its foulness, nor in moderating the stench, which in certain states of the atmosphere, was emitted thence. I will pronounce no anathema against it—but my duty compels me to declare my own opinion of its inefficacy. In truth, I do not believe in the efficacy of fumigations, chloride of lime, or any other chemical means of disinfecting the foulness of a ship's hold.

Sixteen years ago I published this opinion relative to fumigations, formerly much in use in the British navy.* I believe in no purification of a foul hold, but by breaking that hold out, thoroughly; and by subsequent drying and airing of this and other orlop apartments. Nothing could have been cleaner than the berth deck continually was, of the Brandywine—nothing cleaner than the gun and upper decks. Nothing that the captain and a most active, indefatigable, attentive, estimable and respected first lieutenant, could have done by cleanliness; nothing that her talented second (now first) master could accomplish in such a hold—were wanting, to preserve purity. There was *too much cleanliness* of the gun deck—the ship did not inherently admit so much repeated washing (daily, during the whole cruise, with but few exceptions). Yet it is, and I am sorry to say it—it is the *usage* in our navy, to wash decks, uniformly often in *all* ships. *It ought to be the province of the medical officer of every ship, to say,*

* See Barton on Marine Hospitals, and the Medical Department of the Navy.

without appeal from his opinion, how often, and during what particular state of the weather this washing may safely be done. If a man of reflection and knowledge, he will never interdict it, unless his conscientious discharge of an important duty shall render such official interdiction expedient and wise. No reasonable impediment to ship's duty could arise from such a new regulation, as the surgeon always messes with the executive officer of the ship, the 1st lieutenant. I am aware the medical officer may now, under existing regulations and understanding of his influence, occasionally suggest that the gun-deck should not be washed. But he must be more than zealous, if he can consent to pursue the course of this suggestion, as often as he may believe and know it called for. Usage does not give him entire control of this point—his privilege of suggestion does not, in my opinion cannot, as it ought to do, amount to the right of interdiction without appeal. I despair of ever bringing this point of mistaken cleanliness, to its proper issue. But I will not flinch from my duty in making another effort. The berth-deck is now, I believe, never wet-cleaned in our ships. This is as it should be. Yet even here, more care ought to be practised, as to the quality of the sand used, and its susceptibility sometimes, of impalpable pulverization. For the "*stone-cutter's cough*," the "*millers' cough*," as they were termed by Rush and others, are the consequence of inhaling this fine dust. It produces, and to my knowledge in the Brandywine lately, has produced affections of the chest, laying the foundation of consumption and hæmoptisis (spitting of blood.) I am of opinion that hot white or sea-side sand, and a less quantity of sand than is usually employed, would promote the health and comfort of our ships, and even the personal cleanliness, as well as that of the clothing of the men. In all damp ships, portable drying stoves should be often used, to correct inherent moisture, whether it arise from salting or any other cause; and to dry the gun deck when it may be necessary to wash that, in a damp season, or a humid climate.

O.

Names of the Wines, Malt, and Spirituous Liquors, and the Proportion of Alcohol, (specific gravity 0.825,) in one hundred parts of these Liquids by measure.

| | | | | | | |
|--|---|---|---|---|---|-------|
| Lissa (average) | - | - | - | - | - | 25.41 |
| Marsala (average) | - | - | - | - | - | 25.09 |
| Port (average) | - | - | - | - | - | 23.39 |
| Madeira, and red or Burgundy Madeira (average) | - | - | - | - | - | 22.27 |
| Xeres or Sherry (average) | - | - | - | - | - | 19.17 |
| Teneriffe | - | - | - | - | - | 19.79 |
| Lachryma-christi | - | - | - | - | - | 19.70 |
| Constancia (white) | - | - | - | - | - | 19.75 |
| Ditto (red) | - | - | - | - | - | 18.92 |
| Lisbon | - | - | - | - | - | 18.94 |
| Cape Muscat | - | - | - | - | - | 18.25 |
| Rousillon (average) | - | - | - | - | - | 18.13 |
| Malaga | - | - | - | - | - | 17.26 |
| Hermitage (white) | - | - | - | - | - | 17.43 |
| Malmsey Madeira | - | - | - | - | - | 16.40 |
| Lunel | - | - | - | - | - | 15.52 |
| Bordeaux wine or claret (average) | - | - | - | - | - | 15.10 |
| Sauterne | - | - | - | - | - | 14.22 |
| Burgundy (average) | - | - | - | - | - | 14.57 |
| Nice | - | - | - | - | - | 14.63 |
| Champagne (still) | - | - | - | - | - | 13.80 |
| Ditto (sparkling) | - | - | - | - | - | 12.61 |
| Red Hermitage | - | - | - | - | - | 13.32 |
| Vin de Grave | - | - | - | - | - | 13.37 |
| Frontignac | - | - | - | - | - | 12.89 |
| Côte rôtie | - | - | - | - | - | 12.32 |
| Rhenish wine (average) | - | - | - | - | - | 12.08 |
| Tokay | - | - | - | - | - | 9.88 |
| Gooseberry wine | - | - | - | - | - | 11.84 |
| Cider (highest average) | - | - | - | - | - | 9.87 |
| Ditto (lowest ditto) | - | - | - | - | - | 5.21 |
| Mead | - | - | - | - | - | 7.32 |
| Ale (average) | - | - | - | - | - | 6.87 |
| Brown stout | - | - | - | - | - | 6.80 |

| | | | | | | |
|--------------------|---|---|---|---|---|-------|
| Porter (average) - | - | - | - | - | - | 4.20 |
| Small beer - | - | - | - | - | - | 1.28 |
| Brandy - | - | - | - | - | - | 53.39 |
| Rum - | - | - | - | - | - | 53.68 |
| Gin - | - | - | - | - | - | 51.60 |
| Whiskey - | - | - | - | - | - | 54.32 |
| Irish ditto - | - | - | - | - | - | 53.90 |

The alcohol of the wines is in a peculiar state of combination, else of course it would be more destructive.

P.

“Of fever arising in particular ships, from impure exhalations emanating from a foul state of the hold, continuing notwithstanding every attention to preventive measures, and ceasing only upon the hold being cleared, I have seen many well-marked instances. As the most unseasoned part of a ship's company, and especially strangers, will be most liable to suffer; in this case, it is easy to perceive that such attacks might sometimes be construed in favour of infectious fever; but that they proceeded solely from the source above mentioned, appears to me clearly demonstrated by the previous inefficacy of ventilation and cleanliness,—by the impunity with which promiscuous intercourse, elsewhere, is maintained with other ships,—by the extinction of the disease upon the hold being cleared, and not till then,—and by its not being propagated or communicated by the sick, when removed from its original source. I shall adduce one example, where, from the peculiar construction of the vessel, the source of the febrile exhalations could be more clearly ascertained than when they arise from a foul state of the ballast in general. In April, 1807, a fever prevailed in the Dart, lying guard-ship at Barbadoes, which, at first, was attributed to land influence, and irregularities committed by the men employed on shore; but as it continued from time to time, to attack new comers especially, after sleeping two or three nights on board, an internal cause became suspected. The ship was divided into

compartments below, so as to allow of the water being carried in large tanks or cisterns, instead of the usual manner; and these, having been disused in harbour, their bottoms were found to be covered with an offensive deposition of slimy mud. On the 17th of May, cases of fever still supervening, I find by my notes that this evil had been detected, and remedied; and communications between the divisions had been opened, so as to allow a free circulation of air below; and on the 24th I find it stated, "for the last week no fresh attacks of fever have occurred on board the Dart." The fatal cases terminated at the hospital with the usual symptoms of yellow fever. As such fevers may occur at various periods after exposure, consequently, after the cause has been removed, the early cessation of the disease, in the present instance, is more material, where the ship was constantly receiving new men; because their not being affected subsequently, showed that the cause which had existed previously, existed no longer.

"Impure effluvia will be most apt to be generated in a new ship, particularly if built of green wood; or where the shingle ballast has not been restowed for a length of time, or had not been, originally, carefully selected. If such exhalations, (between which and animal effluvia, confined or produced by the human body under disease, a wide distinction obtains, though their effects have been often confounded,) be admitted to occur, occasionally in a man of war, where cleanliness is proverbial, it is easy to perceive, that, by the agency of heat and moisture, they may, under particular circumstances, in a transport or merchant-ship, become so abundant and concentrated, that the hold, without the expression being very figurative, might be denominated a ship marsh.*

"But of all occupations the most desirable to avoid is

* "A very apposite and striking illustration of this remark has subsequently appeared in the account of the

that of clearing a foul hold in the West Indies; and, therefore, whenever it is possible, ships requiring this to be done should be sent out of the country: for not only is it highly dangerous in itself, on account of the noxious gases disengaged, but because it is generally necessary to perform it in a secure, or land-locked, and consequently unhealthy harbour, such as that of Antigua."—*Johnson on Tropical Climates*, vol. 2, pp. 184—211.

Q.

The crew of the Vincennes had no restriction in water, as I have just been informed by one of her officers, during her cruise of 3 years and 9 months. I do not think restriction is general, nor even common; but it has occurred. I heard, in the West Indies, that within eight months past, midshipmen, in one of our vessels on short cruising, had to *buy* their water, to get a sufficiency!!!

R.

12th October, 1830.

MY DEAR SIR,—When you sent your note of the 5th inst. I was sick a bed, and had forgotten it until this moment.

The site of the navy yard at Pensacola was selected by myself, Commodores Warrington and Biddle, as commissioners, appointed to make a selection of the best situation for a naval port in the Gulf of Mexico—it was in October, 1825.

Yours, sincerely,

W. BAINBRIDGE.

DR. WM. P. C. BARTON, *U. S. Navy*,
Chesnut street.

sickness in the Regalia transport, by Drs. Ferguson and Mortimer.—*Vide Medico-Chirurgical Transactions*, vol. viii. p. 108; and Bancroft's "Sequel," p. 217, et sig. In the latter able Work, several other instances of Fever, arising from an impure state of the hold, are extracted from my official Report to the Naval Medical Board, and other sources."

I need not say, to the navy or the American public, that the officers above named, referred to in the remarks on the healthfulness of Pensacola (page 192), are conspicuous in that galaxy of naval chivalry, which won enduring laurels for our country, and placed the navy on an imperishable basis of renown. Their valor, participated with those who constitute this galaxy, does not surpass their intelligence and experience as naval tacticians—Hence it is just to conclude, that whatsoever could come properly to the cognizance of officers of such a stamp, in reference to so important a commission as that they discharged in selecting Pensacola as the fittest site in the Gulf of Mexico, for a naval establishment—was duly inquired into and pondered on, before the decision which they made. This being the case, my remarks on the salubrious requisites of that site, corroborated as I am sure they will be by every medical officer who has been there, will, I trust, not be considered overweening in a work written solely to promote the health of officers employed on the West India service. I have read, with great attention, Commodore Porter's report on Key West, as a site for the naval establishment in the Gulf of Mexico. Having been for some time surgeon with that intrepid officer, of course knowing his intelligence and naval tactical skill; and having in common with all his officers felt the warmest personal attachment to him for his character and his urbane deportment, it gives me pain to say, I cannot, as a medical man, conceive of any reason, derived either from past experience, or the geographical position of the place itself, which could suggest his remarks on the *healthful requisites* of Key-West. As to Tortugas, for a naval establishment—whatever naval knowledge and skill may have designated that little island, for its defensible and accessible points, as a fit site—while I respect them, and must confess my total incapability by want of knowledge on the points to which they refer, to hazard one word;—I cannot yet, consistently with the object of this work, withhold the opinion of its total unfitness, by geographical position, for a *healthful rendezvous* for the West India squadron.

ADVERTISEMENT.

*Extract from the National Gazette, dated Philadelphia,
April 15th, 1829.*

"A correspondent has sent us the annexed prospectus. We publish it in order to enforce the opinion which we express, that the history in question is a desideratum, and would succeed with the country." (Robert Walsh, editor.)

"A History of the Navy of the United States, from its earliest establishment to the present time, embracing the following views:

1st. "The physical resources of the present United States and their territories, for the construction of ships of war, with the manufacturing facilities to equip them.

2d. "The philosophical and practical means of promoting the growth of trees for ship timber—the best methods of felling—and preservation of cut timber—with a history of the woods employed and the most approved methods of preservation from the dry rot—of preserving ships in ordinary—a view of those points in reference to the health of crews.

3d. "The national view of the navy as the *natural* safeguard of the country and the bulwark of commerce, national independence and power.

4th. "Its executive rule since its first formation to the present time. (*Note*—up to the time of publication.)

5th. "Its strife and conquests during the same period, with their effects on the national weal and glory, retrospective and anticipative.

6th. "Biography of distinguished officers.

7th. "Naval statistics."

The above contemplated work was anonymously announced; the editor of the Gazette only knowing the name of its projector, who is the same as the writer of these "Hints." Materials are in course of collection, and invitation for them is thus given to all who may be enabled to afford them.

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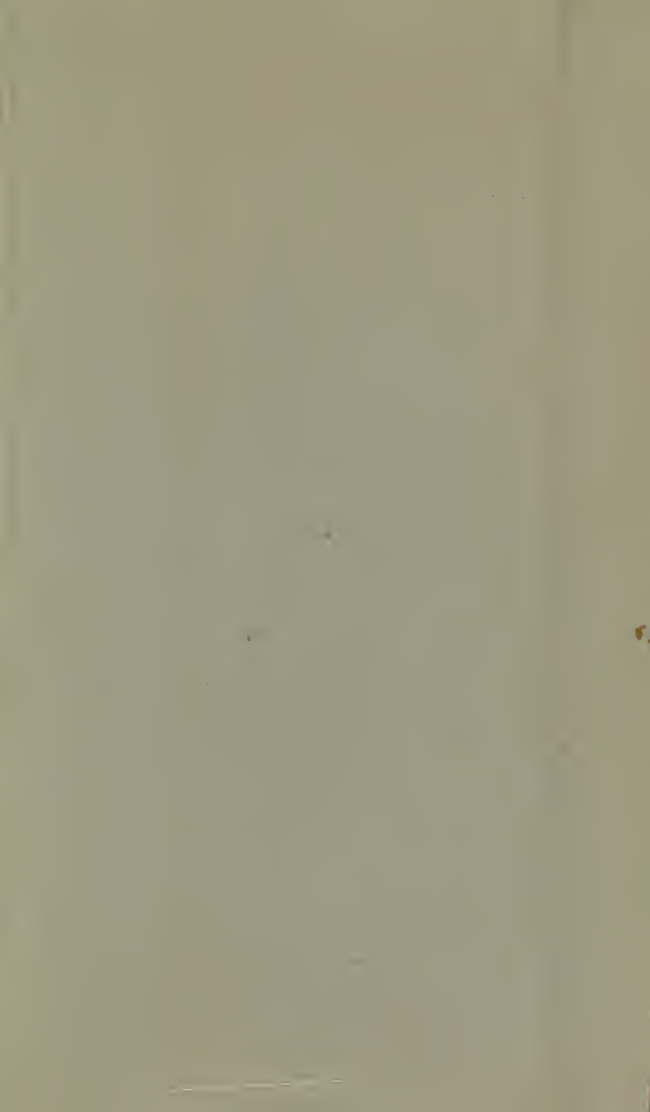
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